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The Classmate: Officer Students' Wives' Club Magazine / Vol.29, no.4 (May 1988)

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the classmate

OFFICER STUDENTS' WIVES' CLUB MAGAZINE

VOLUME 29, NO. 4

May 1988



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the classmate

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The *Classmate*® was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Wives' Club of the Naval Postgraduate School. Material and opinions contained herein are those of the publishers and are not to be considered an official expression of the Department of the Navy. Because of its functions as an unofficial medium for the Officer Students' Wives' Club, advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to re-print any material herein. Published at no cost to the U.S. Government by Herald Printers, 201 Foam St., Monterey, CA.

The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

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On the cover: Susan Lumpkin surrounded by her creations. She has combined pleasure with business. Photo by Judy Davis.



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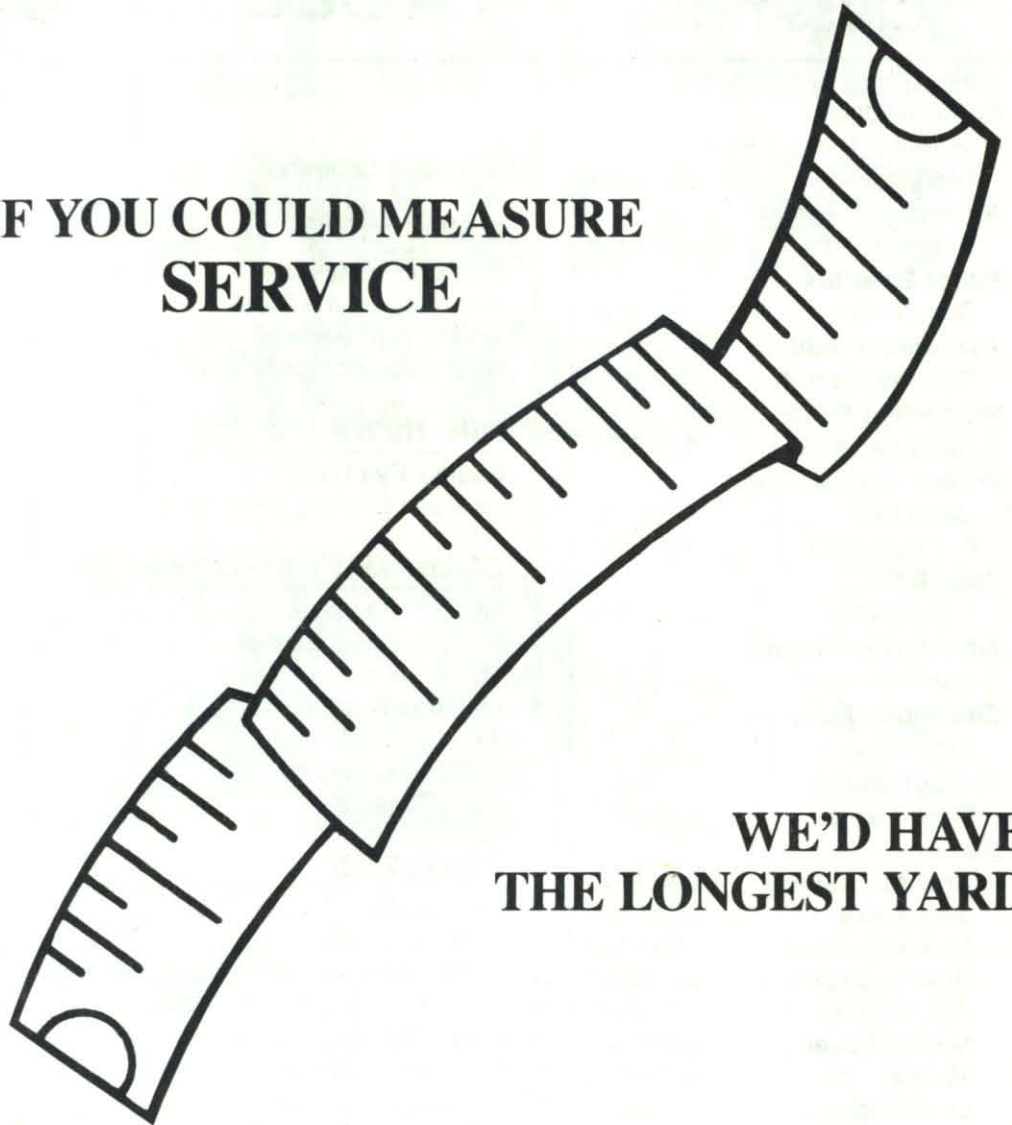


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Editorially Speaking

My children have spring fever in a big way. The six year old is getting over a wonderful case of chicken pox and thinks jumping up and down the stairs is a great way to make Mom scream. The baby wants to "live" outside, which makes staying inside an unpleasant experience at best. As I watch my progeny chase one another from one side of my ten foot living room to the other, I count the years until they are both in school full-time. (I also count the years before they leave for college.) This issue is dedicated to the Moms out there who didn't wait for the "school days," who chose to stay home with their children but still fulfill the need for a career, or at least some self-satisfaction.

Everyone on the staff seemed very excited about this focus. It seemed to hit home with a lot of people. How many of us have wondered if our special skill or talent is marketable? How often have we thought "I can do that!"? In this issue our writers have talked to many successful business people, people like you and I who have taken a product, marketed it and are making



by Maumi J. Cannell Harris

money at something they enjoy doing. Most of the people featured in this issue were picked randomly, either by myself or the writer. We did not mean to leave anyone out but, obviously, we couldn't talk to *everyone* in La Mesa. I am hoping that this issue will give you ideas for starting your own business

or ideas for career possibilities. Just keep saying: "If they can do it, so can I."


This issue also welcomes a new Galloping Gourmet. I would like to thank the former Galloping Gourmet for a job well done, we will miss you. Also, welcome to new writers, Merrily Stover and Shannon Burnette. "As I See It" gives us a humorous but realistic view of moving days in La Mesa. "Navy Bleu" has found ways to liven up our brunch tables, while "The Peripatetic Palate" suggests a new place to lunch. Our new writers have written articles to remind us what it was like to be new to the Navy and a new mom.

As I watch my six year old read a story to the baby (is a nineteen month old a baby?) and listen to the music of Sesame Street in the background, I realize that getting them out of the house is not going to happen soon and that I really like the position I am in right now. I would like to add a little more money to the family budget and this issue has shown me ways to do that while still enjoying these growing years. I hope we have done the same for you.

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WHERE IT'S HAPPENING

- May 14** **Monterey Doll and Toy Show and Sale.** Monterey Fairgrounds (408) 459-1998.
- May 14** **Del Monte Kennel Club Dog Show.** The Lodge at Pebble Beach, (408) 649-8500.
- May 28-29** **The Great Monterey Squid Festival.** Monterey Fairgrounds, (408) 649-6544.
- June 5** **Monterey Birthday Party.** Colton Hall, Monterey, (408) 646-3866.
- June 11-14** **Monterey Bay Theatrefest.** Custom House Plaza, (408) 649-6852.
- June 11** **Monterey Bay Arts and Crafts Fair.** Custom House Plaza, (408) 649-6852.
- June 14-18** **Mozart in Monterey Festival.** Monterey, (408) 372-3355.
- June 17-18** **Monterey Pop Festival.** Monterey Fairgrounds, (408) 788-1176.



by Rosemarie Manke

Come and discover the best kept secret in the basement of Hermann Hall — Eagle's Eye Gallery, sponsored by the OSWC and staffed by artist members of the Military Wives Art Association. May will bring a special event in the gallery and all the artist-members are "painting up a storm" (or a landscape) in preparation. Come and visit our gallery and enjoy chatting with the artist who will be staffing the gallery that day. As a convenience for the purchasers of our art works, we have a lay-away plan. A bit hard to find, but worth it — around the corner from the Museum, and down the hall from the big bulletin board in the basement of Hermann Hall. Hours are 11:30-3:00 Monday thru Friday.

OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Lisa Duffy, 1239 Leahy Rd., Monterey, CA 93940. Phone 373-6662, SMC #1539. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay).

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

Last Name _____ First _____ Phone # _____

Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Would you like a copy of the OSWC By-Laws? YES _____ NO _____

President's Message

You are sure to be impressed by the women interviewed in this issue of the *Classmate*. These women, despite obstacles such as moving every two years, being separated temporarily from their spouses (TAD, TDY, or Deployments), and living in government housing, have all successfully managed to develop profitable ventures from their homes. I am always amazed by the talent and energy which exist among so many military spouses.

Not all of us have the skill or talent necessary to undertake such ventures; however, that does not mean we can not find work in and out of the home which is rewarding and useful in building a resume from which careers are made. I'm talking about volunteering. Making the time to contribute to the community in which we live can be fulfilling and can make a difference when seeking employment. Regardless of whether you've worked in the past, volunteering and making a positive contribution can work to promote your own personal goals as well as those of the organization you're supporting. Whether it's Navy Relief, Red Cross, church work, or OSWC, the opportunities exist to develop skills and to acquire experience in areas such as leadership, management, personnel relations, counseling, fund raising, and money management, not to mention increased self confidence. The added benefit is the personal satisfaction and elevated self esteem one receives from doing charitable work.

In many cases you don't even have to leave your home to contribute. Volunteer organizations depend greatly upon the telephone for their success. Most of us can easily contribute in this way. Additionally, many of the volunteer programs associated with the military provide free child care to help provide those of us with preschool age children enough free time to contribute.

Many of us are not currently working



by Pam Giannotti

outside the home. Some of us have had careers in the past but have put those careers in a temporary "hold" status pending a change in our situations. That might be when the children are older, a different location, an education gets completed, etc. In the interim I would like to suggest that future

employers do look more favorably upon an individual who has demonstrated her potential by being active in volunteer organizations, rather than the individual who has not been involved or contributed outside of the home over an extended period of time.


So go ahead, take a walk on the wild side, call the volunteer organization of your choice and find out what you can do to help. I truly believe you will find the experience well worth the effort. To learn a little more about the benefits of volunteering, OSWC will be having a Luncheon on June 3, 1988, on this very subject. The Director of the Volunteers for Action of Monterey, Barbara Whitman, will be speaking to us on how volunteering can enhance our professional careers. Watch for a flyer with details.

Don't miss the Nordstrom's Shopping Trip, May 18, 1988. This event is free and should be lots of fun. May 13 is the International Tea at the home of Mrs. Robert Austin and is a wonderful way to meet new people and make new friends. Don't forget the Bargain Fair, June 4th. See you there!

Attention All New Or Expectant Mothers

If you are an active, associate or honorary member of OSWC and are expecting a baby during your tour at the Naval Postgraduate School, you are entitled to receive a special birth certificate from OSWC and to have an announcement printed in *The Classmate*. This gift also applies if you are an OSWC member and have had a baby born in Monterey within the last six months.

When you have your baby, please notify Judy Davis at 373-5907 or SMC #1946 with information about the birth. If calling us to advise us of the birth of a neighbor's baby, please advise us of the correct spelling of the parents' names, and the baby's name, birthdate and weight.




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A B C D E F G H I J K L M N O P Q



New Kids On The Block

A daughter, **Heather Anne**, 7 lbs. 11 oz., On Feb. 6, 1988, to Dave and Melissa Quantock.

A son, **Patrick Anthony**, 6 lbs. 7 ozs., on Feb. 8, 1988, to Tim and Susan Barock.

A son, **Charles Michael Jr.**, 7 lbs. 8 ozs., on Feb. 10, 1988, to Charles and Ellen Livingston.

A son, **Justin Anthony**, 7 lbs. 8 ozs., on Feb. 20, 1988, to Jose and Jennifer Vazquez.

A son, **Adam James**, 7 lbs. 8 ozs., on Feb. 22, 1988, to John and Beverly Weaver.

A son, **Michael David**, 8 lbs. 4 ozs., on Feb. 23, 1988, to David and Pam Kern.

A son, **Patrick Walter**, 8 lbs., 2 ozs., on Feb. 24, 1988, to Jim and Betty Stevens.

A son, **Michael David**, 8 lbs. 2 ozs., on March 1, 1988, to Mark and Ellen Patton.

A daughter, **Catherine Ann**, 6 lbs. 14 ozs., on Feb. 7, 1988, to Francis and Barbara Daggett.

A daughter, **Kelly Tenee**, 9 lbs. 8 ozs., on Feb. 8, 1988, to Wes and Denise Barton.

A son, **Frank Edward Jr.**, 8 lbs. 13 ozs., on Feb. 12, 1988, to Mary and Frank Valente.

A daughter, **Margaret Lynn**, 7 lbs. 12 ozs., on March 3, 1988, to Jim and Peggy Emery.

A daughter, **Megan Elizabeth**, 6 lbs. 2 ozs., on March 16, 1988, to Mark and Venita Gunzelman.

A daughter, **Jennifer Carolyn**, 7 lbs. 9 ozs., on March 20, 1988, to Douglas and Mary Hovland.


A son, **Andrew Russell**, 6 lbs. 12 ozs., on March 25, 1988, to Beth and Russ Webster.

Twin daughters, **Kirsten Natassja**, 4 lbs. 3 ozs., and **Kathryn Taylor**, 5 lbs. 12 ozs., on March 28, 1988 to Karen and Kirk Harness.

Correction to March/April *New Kids*:

A son, **Gregory Scott**, 8 lbs. 5 ozs., on Jan. 18, 1988, to Tom and Yolanda Meyers.

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Christian Day Camp

Summer vacation — words that strike fear into the hearts of many mothers. There are several summer programs available for children in the Monterey Bay Peninsula. If you are looking for a Christian day camp that has a longer session than La Mesa's Vacation Bible School, Carmel's Church of the Wayfarer is offering a Christian Day Camp — Interdenomination Program. This program runs five days a week from 8:45 a.m. to 3:45 p.m. from July 5-15. The program is

for children from preschool age to 4th grade age (the preschool to kindergarten age program is half days). The activities include arts and crafts, music, Bible learning, beach fun, recreation, puppets, drama, movies, a field trip, and more. The cost is \$45 for half days, and \$90 for full days, for the two week session. There are no fees for the children of parent volunteers. If you are interested or would like more information, please call 624-3550.

Vacation Bible School

Your children can join the "Champions for Jesus!" team at the 1988 Vacation Bible School (VBS), July 18-22, at La Mesa School. Sponsored jointly by the Protestant and Catholic Chapels of NPS, VBS is open to children in grades K-5.

VBS is not a "vacation" or a "school"; it's a time for young people to sing, play, laugh and grow stronger in their knowledge of Jesus. Every year hundreds of children learn at VBS and have a good time, too!

VBS is popular and early registration is encouraged. On June 5 and 12 register your children at either chapel. A registration table will be at the mini-

mart on June 11. The registration fee is \$2.00 per child.

Positions on the "coaching" staff are still open. If you have 5 minutes or 5 hours, you can help make VBS a success. It's a wonderful way to make friends and enjoy the feeling of ministering Jesus to children. In addition, you'll be able to register your children early for VBS and take advantage of a staff-only preschool program.

For more information about VBS or to become involved please contact Marty Hills (646-8835), Leah Hettema (375-2701), Judy Davis (373-5907) or Michele Walpole (375-2817).



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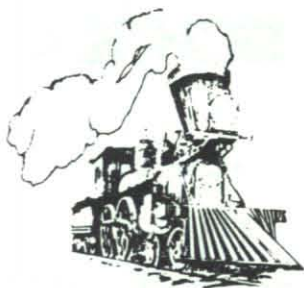
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OSWC Mini Classes: Something for Everyone



by Susan Lumpkin



If you are interested in teaching a class, O.S.W.C. Activities would love to know about it. Please phone me, Susan Lumpkin, at 647-9669 and I will be happy to list your name and course. It's a great way to meet people and it puts a little money in your pocket! If you are interested in taking any of the courses listed below, please call the instructors for more information.

NEW CLASSES

Beginning Tole Painting — Debra DeFries (647-8833). Will learn basic brush strokes needed for tole painting and three (3) finished projects with option to go further. 4 week course/1 morning a week. Class fee: \$16.00, additional materials required.

Decorating Baskets with Dried Flowers — Alex Dickman (373-1734). Decorate your favorite basket with beautiful dried flowers and still be able to use it! There are tricks and it is a lot of fun! Class fee: \$7.50-\$12.00/depending on basket size.

Knitting for Beginners — Annette Vanston (646-5287). Beginners' knitting starts with casting on and off, variety of stitches, pattern reading — Complete a pair of baby booties. Both summer and winter patterns offered. Materials provided for a small fee. Class fee: \$5.00/lesson.

CURRENT CLASSES

Basic Dog Training — Kimberly Kilmer (372-1190).

Basics of Stenciling — Diane Lienard (375-3971).

Basketry-Woven Creations — Collette Rau (647-8601).

Basketweaving Made Simple — Debbie Kelly/Sue Marbach (649-3801).

Beginning Sewing — Susan Lumpkin (647-9669).

Body and Soul — Connie Doner (646-8459).

Body-Tone and Fit — Marion McAlpine (646-9311).

Bowling — Pauline Fathke (372-9019).

Cake Decorating — Denise King (375-4705).

Childrens Creative Dance — Terri Grimshaw (624-3799).

Intermediate Sewing — Susan Lumpkin (647-9669).

Needlepoint — Salley Dewey (624-2250).

Piano — Natalie Plotkin (373-5671).

Piano — Kazuko Mockett (624-9596).

Piano Lessons — Lisa Duffy (373-6662).

Racquet Sports Instruction — Kent Allison (646-2481/2161).

Smocking for Beginners — Ellen Will (647-8738).

Suzuki Violin and Viola Lessons — Mildred Kline (624-9541).

Teatime Treats — Cathy Hipsey (649-8950).

Tennis Instruction — Karen Stewart (373-3437).

TUTORING

Tutoring — All Subjects/Special Ed. — Kim Roderick (649-6786).

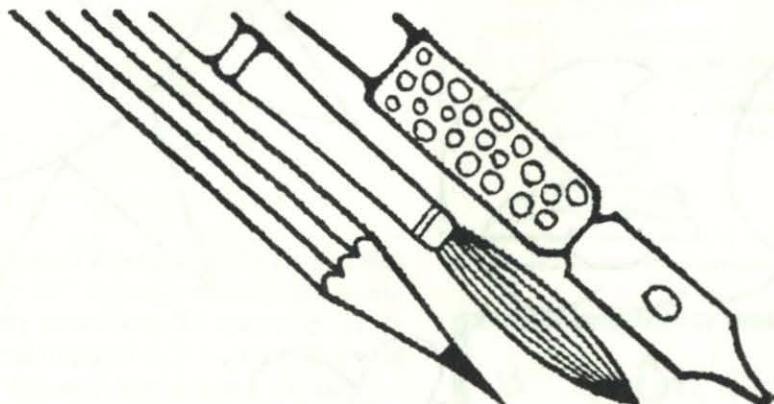
DELETED CLASSES

Beginning Basketweaving — Ellen Will

Mathematics Tutoring — Marie Chapman

Spinning — Janis Mineart.

Ft. Ord Arts and Crafts Class Schedule



Airbrush

Workshop, May 3 at 6 p.m., 1 day.
Workshop, May 21 at 1 p.m., 1 day.

Ceramics

Large Ceramic Duck, May 4 at 6:30 p.m. 2 weeks.

Children's Classes

Paper Mache, May 14 at 10 a.m., 4 weeks.
Windchimes, May 21 at 2:30 p.m., 1 day.

Fine Art

Cannery Row (oils), May 9 at 6:30 p.m., 3 weeks.
Classic Sunsets (watercolor), May 10 at 6:30 p.m., 3 weeks.
Seascape on Redwood (oils), May 15 at 1:30 p.m., 2 weeks.

Graphics

Mixed Media, May 3, 7 p.m., 5 weeks
Etching, May 4, 7 p.m., 5 weeks
Creative Mat Cutting, May 14 at 1 p.m., 2 days.
Basic Printing and Silk Screen, May 23 at 7 p.m., 5 weeks.

Live Craft Demo

Rag Baskets, May 21 from 11 a.m. to 3 p.m., 1 day.

Papermaking

Workshop, May 1 at 10 a.m., 1 day
Workshop, May 28 at 10 a.m., 1 day
Workshop, May 29 at 10 a.m., 1 day

Photography

Photograms, May 9, 6:30 p.m., 1 day
E-6 Slide Processing, May 10 at 6:30 p.m., 1 day.
Darkroom Techniques, May 11 at 6:30 p.m., 3 weeks.

Pottery

Raku Firing Techniques, May 15 at 11 a.m., 1 day.

Silk Painting

Workshop, May 16 at 6:30 p.m., 2 weeks

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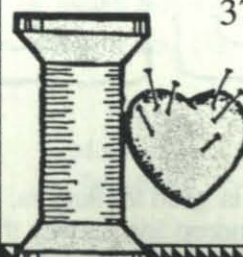
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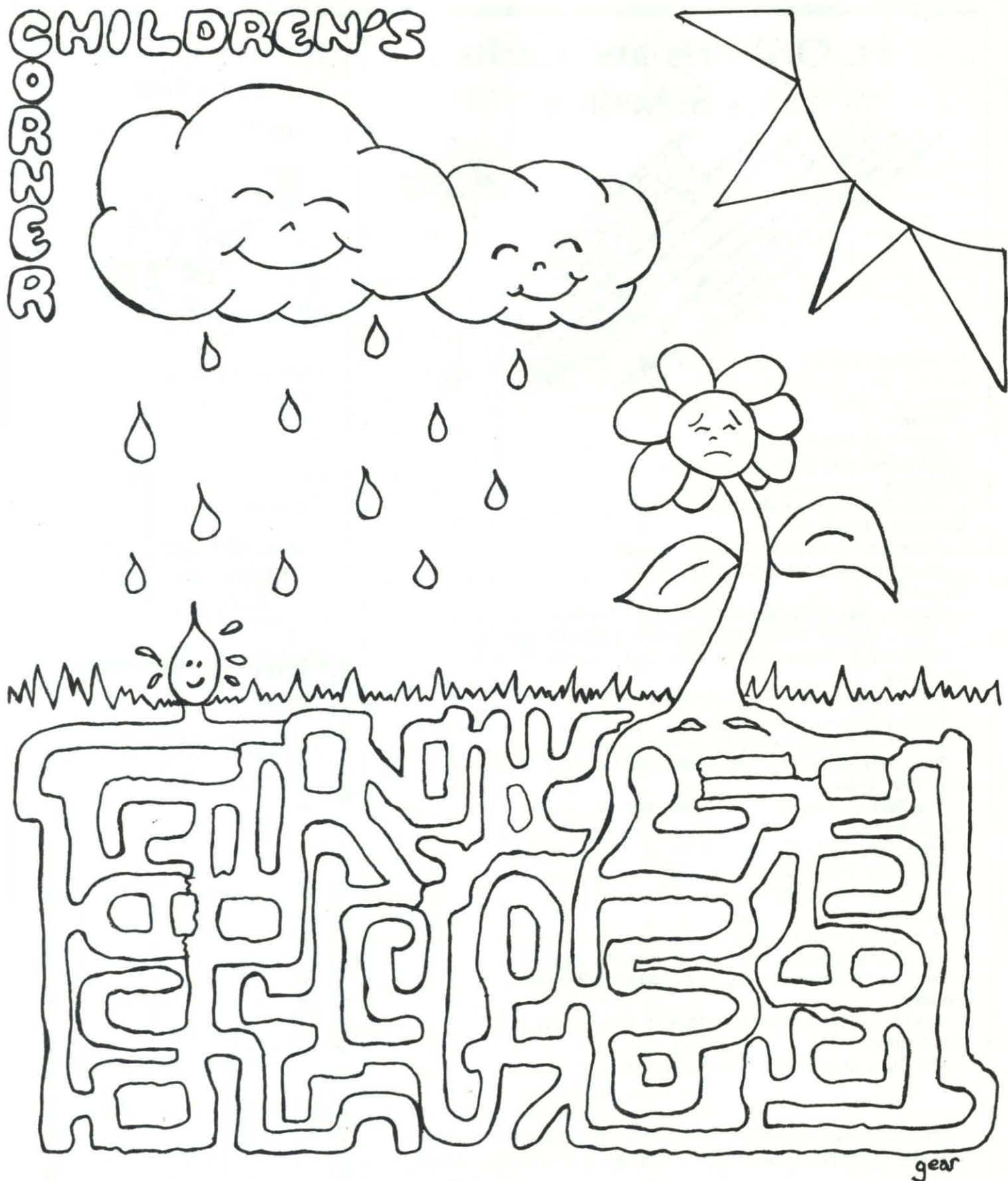
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Sun. 12-5

CHILDREN'S

ROOM



Sunshine is good for flowers, but this little May flower has gotten too much sun. She needs a drink of water. Help the raindrop find its way throughout the flower's root system and up the stem. Now you change her sad frown to a happy smile!

La Mesa Women's Bible Study

La Mesa Women's Bible Studies has been an on-going ministry for some twenty years now. This organization is sponsored by the Protestant Chapel of the Naval Postgraduate School, although La Mesa Women's Bible Studies crosses all denominational barriers. The purpose of these quarterly Bible studies is to encourage women in spiritual growth and commitment by offering Bible studies relevant to their needs. The ladies also form a close fellowship, providing a support system of prayer and encouragement.

All of the Bible studies are held in homes in La Mesa. A well organized child care system operates during each of the Bible study sessions. Child care is provided for children from infancy up to five years of age. Child care homes are established and children are assigned to a home with children of their own age. One paid child care worker is always in attendance at each home and is assisted by additional volunteers. One week each quarter, one of the Bible studies takes the week "off" and those ladies are the volunteers in the child care system.

This quarter, studies begin April 14 and meet through June 9. There are seven studies to choose from:

1. God's Daughter: Practical Aspects of a Christian Woman's Life.
2. Free to be Thin.
3. Behold Your God.
4. Creative Counterpart.
5. What Happens When Women Pray.
6. Designed by God: A Woman's Workshop on Wholeness.
7. Hospitality: A Woman's Special Ministry.

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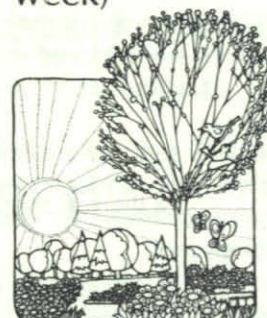
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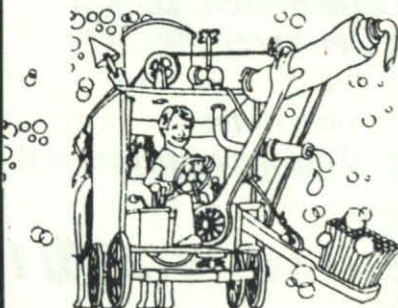
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You may have heard of the La Mesa Women's Bible Studies, but did you know that evening Bible studies for couples and singles have also been meeting in La Mesa for over 20 years? These studies are sponsored by the Officer's Christian Fellowship (a national, interservice, interdenomination organization) and the NPS Protestant Chapel, and everyone is welcome!

There are currently groups meeting in members' homes on Tuesday or Friday evenings at 7:30 p.m. for about

two hours. One study, open to anyone, has international couples from about five different countries studying the Bible together. These studies provide a relaxed (no pop quizzes, we promise!) evening out with your spouse as well as the opportunity for you, as a couple or a single, to explore the mysteries and truths of God's Word.

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Tie (Hers/Youth)	\$15
Tie (Hers/Floppy Bow Tie)	\$13.50
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Cross stitch graph	\$2
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What is The Co-op?

Need a babysitter? Why not join the Co-op. Since sitters are hard to come by here at La Mesa, the Babysitting Co-op is the answer to many people's sitter problems. It's easy, economical, and fun.

The Co-Op is an organization that has been in existence for over ten years. We are La Mesa mothers who babysit for other Co-Op members either during the day at the sitter's home, or evening at your home. There is no money exchanged, except for a one-time \$1 sign-up fee. Instead of paying money, you pay points. They are accumulated from babysitting at the rate of four points per hour.

All sittings are arranged for you through the Co-Op secretary. Sitting is not only easy, but can be enjoyable, too, so it is easy to collect points.

I hope you will consider joining, for your own benefit as well as your children's. The Co-Op provides opportunities for you to explore parts of Monterey the kids might not enjoy, for you to run errands, or for any other time you may need a sitter.

Your children are always in the care of experienced mothers and it is a great way to meet new people. You can feel confident having a responsible adult caring for your children.

If you have any questions about the Babysitting Co-Op or are interested in joining, please call the Co-Op chairperson, Annette Ford, at 372-0480.



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Jobs to Go

by Sue Smith

Imagine this scenario: a military wife and mother says goodbye to her youngest child as he boards the school bus for the first time. She goes back to the kitchen table, pours herself a cup of coffee, and begins to scan the newspaper. The first section she picks up, across from the comics and Ann Landers, is the want ads. Realizing the time is ripe for her plans to enter the work force when the kids enter school, she looks over the Help Wanted. More than a few jobs strike her fancy, but she realistically forgets about them because of the many moves the family makes.

If this sounds all too familiar to a scene in your life, you may be simply using the wrong approach to starting a career. Whether you've worked before and want to go into a different field altogether or you are starting to consider a job, any job, without prior working experience, rather than going over a list of job openings and crossing out one after the other, think about what jobs you would find available in most locations, train yourself for the one that interests you, and *then* go out and apply. Here is a list of a few jobs that can move which *The Classmate* staff has compiled to get your thoughts flowing.

Insurance processors
Health care professionals
Teachers
Music teachers
Arts and Crafts teachers
Substitute teachers
Tutors
Child care workers (in-home)
Government workers
Computer program writers
Word processors
Secretaries
Specializing secretaries (medical, legal, etc.)
Bank tellers
Realtors
Hoteliers
Travel Agents
Actors
Translators (deaf as well as foreign language)

Court Reporters
Interior Decorators
Typesetters/Graphic Designers

Some jobs require credentials that may vary from state to state, so be prepared for the possibility that new State Boards may await you with each move.

The jobs in our list require only a few years or less of training, or perhaps in your particular case, none at all for the job that you are interested in. And the main ingredient in this list is job mobility!

Forget about moving up the corporate ladder at the Monterey Artichoke Export Co. or being the best tour guide for Carmel Walking Tours, Inc. Find a job that moves and plan on having a career and being a military wife, too!



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Tour Tor House

by Deborah Gear

Fog. Misty clouds of fog rolling off the ocean would have been perfect. But the weatherman didn't cooperate that day; the sunshine and blue skies were brilliant.

When would fog be preferable to sunshine? When making a visit to Tor House, the Carmel home of the late poet Robinson Jeffers. Situated on a rocky knoll high above the Carmel beach, Tor House is a picturesque grouping of a stone cottage, a tall stone tower, cypress trees and quaint gardens, all surrounded by a low rock wall.

After I arrived at Tor House, a pleasant and attentive docent introduced herself to me and began the tour. She opened the gate and led me into the courtyard.

Once beyond the wall I had a fleeting sensation of having stepped into the past — a sensation that would have been heightened by the shroud of fog that was not to be. Still, the short walk through old-fashioned gardens made me feel that for now I had entered a timeless world; it was easy to imagine the Carmel of 60 years ago.

My guide led me on to the cottage. Under construction from 1918 to 1919, the cottage was built by a stonemason to whom Jeffers apprenticed himself in order to learn the art of laying stone. Later he would use this knowledge to build the tower, hall and dining annex himself. Many of the stones were drawn by horse from the beach below.

The docent opened the cottage door and invited me inside. I entered the living room first and found it smaller than I had expected. Even so, Jeffers had made room for his wife's grand piano. A guest room, bath, small kitchen and dining room were also on the first floor. Upstairs was a loft where the family slept.

The furnishings were intact, worn with use. Years of smoke from the fireplace had darkened the wood panelled walls. Books, family pictures and personal knick-knacks were still in view. The room was so intimate, I felt as though I might be intruding; that the occupants had stepped out and may return at any moment.

My guide proceeded to lend some insight into the rather remarkable family who had lived here: Jeffers, his wife Una and their twin sons, Garth and Donnan.

Shy and reticent, Jeffers was a learned man, steeped in the classics. He preferred the reality of the surrounding stones, his trees, and the crashing surf to the company of people. But he was deeply dependent upon one person, his wife Una. She was bright and gregarious yet willing to forego an active social life for the sake of her husband's work. Una took care of the distractions of everyday life — the children, the bills, the chores — so that Jeffers could concentrate on his writing. Mornings he would write

and afternoons he would build and work with his hands while planning the next day's writing.

We left the cottage and headed for Jeffers' most ambitious building project: the tower. ("Tor" is Latin for tower.) He built it for Una, who had a love for the stone towers often found along the Irish coast. The tower is an imposing structure especially considering that Jeffers built it singlehandedly, over the course of four years. We climbed its three levels, stopping at the top to look out to sea, as I imagine its builder had done many times.

As I left, I wondered if perhaps it was from this perch that Jeffers received the inspiration for such works as *Tamar*, *Roan Stallion* and *The Women at Point Sur*, the last having been described by Eastern publishers as "too dirty to publish." His most popular success was the play *Medea*. Jeffers' works attracted controversy and the attention of other famous writers. Many came to visit Robinson Jeffers at Tor House, including Sinclair Lewis, Edna St. Vincent Millay and H.L. Mencken.

Many visitors still come to pay their respects to this singular poet. Tours are conducted every Friday and Saturday from 10 a.m. to 4 p.m. Tour reservations need to be made in advance by calling the office at 624-1813. Tor House is on Ocean View Avenue on Carmel Point, just to the south of Carmel Village.

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A Realistic View of Freelance Writing

by Maumi J. Cannell Harris

"I just believe that open communication is the answer to so many problems in this world. If people know what's going on, it makes them so much more understanding on how to deal with the problems. I really believe that discussing problems in the most open, free way lets people know that someone really does care about them. The problem isn't solved now but the attention is on it, that means that it will be solved and in the meantime I'm going to hang tough. That is kind of my philosophy."

Michele McCormick is a freelance writer. Her name may sound familiar to you. She has a regular column in the *Life in the Times* section of the *Navy, Army, and Air Force Times*. She has written more than two dozen articles for newspapers in the Sacramento area. The list goes on. To say Michele McCormick is a "working" freelance writer would be putting it lightly. I caught up with Ms. McCormick at Ft. Ord. She was invited to speak before the Ft. Ord Officers' Wives Club and found time to give me a few minutes for an interview.

Ms. McCormick studied media and communications at her alma mater, Northwestern University. While in Hawaii, Ms. McCormick met her husband, who is in the Army, and found that her job as a newswriter for an all-news radio station was not a career that adapted to frequent moving. So in 1978-79 she decided to try freelance writing.

"When we were planning our first PCS it began to dawn on me that it was going to be really hard for me to continue what I was doing, in any form. We were leaving Hawaii to go to a school, it would only be for one year and the chance of getting a good job was almost impossible. I decided to try freelance writing because I knew that wherever I went I could write."

Getting started is often the biggest stepping stone for an aspiring writer. Ms. McCormick's first article idea became a learning experience and an ad-

venture.

"*Army Times* used to have a magazine insert called *The Times Magazine* when we lived in Hawaii.



Michele McCormick

That was one of the publications I saw most often and I thought, these are written by women like me so it seemed logical to try to submit something to them. It was in 1978 and the fitness boom was just getting underway, people there were doing a lot of running and exercise...so I thought I would train for the Honolulu Marathon. I proposed an article to *The Times Magazine* about 'Officer's Wife Trains for Marathon', because it was still kind of unusual at the time. They liked the idea but wanted it to be 'Officer's Wife Finishes Honolulu Marathon.' They suggested I write them back and do the story about training and finishing the marathon. So that is what I did; I ran the Honolulu Marathon in order to write the article about the experience and that was the first article I ever sold to them. I was really anxious to make it work."

Getting started is just that, it doesn't all happen overnight. Even though Ms. McCormick is a columnist, she still

sends out several queries each month. A query is the writer's way of "selling" an idea to an editor. Although she is writing regularly, Ms. McCormick said that she is getting proposals rejected now, just as much as ever. She prepares a query letter and mails it off to the prospective publisher. With the query she sends a self-addressed stamped envelope and some clips of her published works. Having clips to send is a way of showing the editor that you *can* write. If the query comes back rejected then she mails it off to the next place on the list. She may have fifteen or twenty letters out at one time.

Multiple-queries (sending queries to more than one editor) is a controversial subject but a writer can "get around" the issue by sending to overseas magazines. Normally, if a writer sells to a magazine in the U.S., it is for North American series rights. This means that the same article can be sold to foreign magazines. Ms. McCormick has sold articles to South African and Australian women's magazines and also to *in-flight* magazines, the magazines published for airline companies. This way she is selling first North American rights, first South African rights, etc.

Books are another interest. Ms. McCormick has an anthology of her columns titled *Polishing Up the Brass* published now and she is working on a book for teenagers, which should be published in the fall, about the dangers of abusing synthetic drugs. As a prospective book writer, she researched the market and queried publishers like she does for articles. After doing an article about drug manufacturing in labs in the Sacramento area, she proposed a book on that subject to a variety of different publishers. Franklin Watts publishes a series of books for high school students about current issues, so they were interested in this topic.

continued on next page

Freelance Writing

continued from previous page

Maintaining discipline helps Ms. McCormick stay on schedule. Because of the weekly column she sets deadlines for herself, while still having other projects of totally diverse nature to keep juggled as she plans her own office hours each day. Modern technology has made working at home much easier. Using a modem, Ms. McCormick can communicate with her publishers in an instant. If there is a problem with the column or there is some news event they want to her to cover immediately, it is like she is in the next room. Technology also makes meeting deadlines easier and more efficient. (We all know how predictable the mail system can be.)

"In freelancing, if you get a reputation for being reliable, it is actually better than a reputation for being an excellent writer. Writing talent makes a difference, but the most successful freelance writer I know is an incredible marketer of his work, a dynamic, pro-

lific writer but not the *greatest* talent at actually writing. He produces the articles and it is there when he says it will be and it contains the information that he said it would contain. That reliability, that is really important."

Writing seems like a perfect career for a military spouse. Unless you leave the country, it is very "moveable."

"It is perfect for a military spouse because of all the benefits through my husband, as far as health and all those kinds of things. Financially I still have goals that I haven't achieved, but I set my own hours, I take off when I want to. There's never a paid holiday, but I have total flexibility. I can turn down a job if I'm not interested in it, so I'm almost always interested in what I'm doing."

Having a column is often a writer's dream but it is a writer's nightmare too. There is a great deal of responsibility involved, especially if you take your position seriously. I asked Ms. McCormick about critics.

"There have been a few times when it has been a serious matter of criticism over something someone has done but

they take responsibility for that, just like I have to take responsibility for what I write. I get letters but the idea, really, is that if people respond, that people will take the time to sit down and write a letter in response to something I've written, even if they're totally opposed. Obviously it was a topic they cared about and so it was a successful column. I look at it in that way. I certainly don't expect everyone to agree with my point of view but by expressing it, sometimes in kind of a blunt way, maybe I can make them at least think about why they feel the way they do."

Ms. McCormick understands what military spouses are concerned with and often touches that subject in her column. The best advice she could give someone who was interested in starting a writing career or even a home business was to use the resources available. There are women's networks in many communities. Research the civilian community. Call up other women with businesses and ask them to share their information with you. After returning from Italy, Ms. McCormick joined a writer's group. This put her in contact with other people who were involved with freelancing, people to share ideas with and talk to.

As a freelance journalist, Michele McCormick still has goals she has not achieved, but she is definitely *working* within her "craft."

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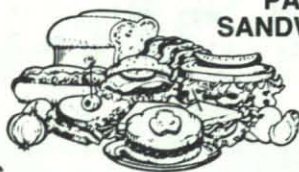
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Into the World of Home Sales

by Michelle Ule

One popular form of small business here in La Mesa is the home sales franchise. The form seems well suited for military life, a portable job selling a product out of your own home, or the homes of others through home parties. Overhead tends to be relatively small and the hours can be tailored to suit your family's needs as well as your own desires and interests.

52 people are registered with the Naval Postgraduate School as having in-home businesses. While not all of them are selling something, a good proportion of these small businesses are franchise home sales, products sold at "parties" in the homes of acquaintances.

Home parties have been around at least a generation since they were popularized by Tupperware and Mary Kay in the late fifties. The setup is familiar to most people. An acquaintance "hosts" a party in her home at which the franchise seller presents a product. Guests purchase what they want, fill out the paperwork and pay, and the hostess delivers the items sometime

in the future. The hostess receives a "hostess" gift for her trouble, usually based on the amount of sales at the party. The salesperson makes a percentage, usually about 25 percent, on the total sale.

Many people appreciate the relative ease with which a franchise business can be run. The products are packaged and marketed by companies set up to sell through small businesspeople. Initial costs to start up the business tend to be relatively small, some companies requiring only \$20 to get started.

Interaction between the salesperson and the company usually is excellent according to most La Mesa salespeople contacted. The companies provide training tapes, meetings or seminars to help the salespeople learn how to present their products and sell them. One organization holds weekly rallies to help salespeople set goals and encourage them. Other companies offer prizes to salespeople meeting specific goals.

The amount of time needed to run a home franchise business varies by

individual interest. Basic operating costs for paperwork forms and catalogues generally run about \$10 to \$15 a month, catalogues costing about a quarter a piece. The sellers are responsible for advertising their own businesses.

In addition to selling items, salespeople are also on the alert for other prospective sellers whom they can "recruit" into selling the same product. When recruits go on to start their own businesses, the recruiter gets paid a small percentage of the recruit's sales as well.

Home sales is a good job for a person "who likes to get out and meet people" one salesperson explained. "It's a good outside source of income and I can do as much with it as I want to. It's been perfect with my family." This salesperson has been selling her product for about five months and estimated she spends fifteen hours a month on the job.

"My husband is still waiting for me

continued on next page



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Home Sales

continued from previous page

to bring home oodles of money," she laughed, "but we also regard it as my night out with the girls."

Indeed, interaction with the buyers seems the most common reason for selling products in the home, after money is made. Almost all the salespeople spoken to mentioned the enjoyment of presenting the product and meeting people.

And just how much money is made?

One woman, who paid \$275 for the starting kit, explained "home businesses should run in the red for the first two years, what with advertising, the kit and paperwork. You shouldn't expect to make money right away."

Other sellers differed. "You don't have to lose money, though to make a lot of money you have to be aggressive," one woman explained. Another woman, who works full time in addition to selling products several nights a week, prefers the home sales.

"I was afraid I couldn't sell anything

but the product sold itself much better than I anticipated. I sold \$1000 worth in my first three weeks," she explained.

Most franchise sellers agreed that home sales is not a good idea for a very shy person or for a person whose family is not supportive. Several people stressed the need to be organized. Cooperation is also important with husbands babysitting, or older children helping with the order packaging.

But home sales is not for everyone, and many people do not think it is appropriate, especially within the military chain of command. One Navy Relief budget counselor explained, "For the seller, we feel that if they need the money, they are better off with a real job, not one which works on a commission basis. For the buyer we feel it's mostly impulse buying."

One buyer agreed, citing an incident in which she felt some pressure to buy an item because the seller was the wife of her husband's commanding officer. "I thought if I buy it she'll like me. I spent \$150 on this picture, sure it's nice, but I probably could get it cheaper at the print shop."

Most people agree that the quality of the items they purchase through home sales is good. The problem is that they are buying them through "parties."

"I feel obligated to buy," is the remark heard time and again by party "guests" and most people deal with that obligation by purchasing something small. "I feel like I'm letting the hostess down if I don't buy anything," one woman explained.

Most hostesses stated they wished people didn't feel that way, that they were giving the party as a service and didn't care about the prizes. But others lamented the feeling they had been "roped into" giving a party.

Many franchise sellers are aware of those feelings while at the same time dealing with their own feelings when their products don't sell.

"A lot depends on your attitude," one woman explained. "Is this a business or a hobby? Are you willing to sacrifice your feelings for other people in order to get a party?" This individual is careful about not using social connections to book parties; that is not true of everyone.

"You have to be outgoing, pushy, to book parties and hostesses, you have to make a lot of phone calls," one former franchise seller explained.

"The potential to be pushy is there," another woman agreed, "but it depends on your personality. I'm not beating down doors, I show the product to my neighbors and friends. The product sells itself. I'm my own best customer. People get a little burned out with parties around here." So she adopts a laid back approach.

Most salespeople had a philosophical approach to nights when sales are low. "You learn not to take it as a personal rejection. Some nights are good, some bad. I always have a good time."

"At first you think they're rejecting you," another woman explained, "then you learn they're just not interested, and it doesn't bother you as much."

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Pulse Research

by Kathy Willson

There are portable jobs but few portable careers. For the military spouse a transfer usually results in a return to an entry level position. Jane Sullivan, an Army wife, found her solution to that problem. She started her own business!

Ms. Sullivan remembers how it was, "I had been extremely frustrated over the past 5 or 6 years. The changes we make with the military mandate that I start over again. I'm always back there in the bottom salary niche, or maybe just a little bit above — but not much above — having to prove myself. By the time I've proved myself and I'm really on that upward course, we move! I know I'm speaking for every military wife or husband who has had to make a move with his or her spouse and still wanted to have that part of themselves that made their own identity important."

With her computer and her phone, Ms. Sullivan can establish her business anywhere. She is the Monterey affiliate of Pulse Research. This marketing research service was founded by her associate in Portland, OR. He encouraged her to start her own business when she moved to the peninsula.

Originally Ms. Sullivan was a teacher. She moved into career education and had the opportunity to work with the business community through school-work programs. A transfer to Portland led to a job with the Chamber of Commerce, which led to Pulse Research.

Drawing on her own experiences as a military wife and an entrepreneur, Ms. Sullivan has made recommendations for those who would like to start their own business. The first step is research.

Learn about the community and its markets. "You don't want to set up a business making widgets if there are 50 other people making widgets in that

area," she explains. Marketing statistics are available through chambers of commerce and libraries. If you know anyone in the area, contact them and discuss your plans.



Jane Sullivan

Research local requirements as well. Does the city or county require special forms? What documents does government housing need? Discuss taxes and record keeping with a lawyer or CPA.

Look for resources to help with your new venture. Colleges and business organizations frequently offer seminars. In Monterey the Service Corps of Retired Executives (S.C.O.R.E.) provides classes and counseling. They can be reached through the Monterey Chamber of Commerce.

Devising your business plan is next. A bank will require it before extending a loan, but it is mainly a tool for yourself. Identify your goals and determine how to accomplish them. Review them regularly to evaluate your progress and update as needed.

The most crucial step is publicizing your endeavor, Ms. Sullivan stresses. "Getting out and meeting people and participating is the key to success. You can't just sit back and wait for something to happen. I can't over emphasize the importance of networking."

One of her priorities is joining the chamber of commerce and other associations that will bring her into contact with people of similar interests. She becomes involved by joining committees. This helps to get the word out and often stimulates referrals.

Because bulk mailings and slick advertising may not be affordable in the beginning, Ms. Sullivan recommends business cards. "Keep some cards with you at all times and when you meet new people, offer a firm handshake and a card."

Telling business oriented friends is not the only focus. Talk to everyone you know about your specialty. "I know I've gotten several word-of-mouth jobs," Ms. Sullivan says. "I made three contracts from one conversation with an old friend at the commissary." Always follow up any interest that is expressed with an appointment or with a lunch date.

Another way of promoting your business is to look for free media coverage. Ms. Sullivan prepared a press release with a photo and distributed it to the local newspapers and magazines. Several of them printed her information in their business sections when she joined the chamber of commerce.

Networking and high visibility help to counter one of the problems of a home centered business: isolation. "One of the hardest adjustments for me was, and continues to be, working away from people. When I'm here at my office in the house, I miss the interchange. That's one reason I stay so

continued on next page

Museum on Wheels

by Deborah Gear

If you have a youngster attending La Mesa School, you might have noticed a large blue van parked there in March. That was no ordinary van — that was a museum!

The van is part of the Museum on Wheels, an educational outreach program of the Monterey Peninsula Museum of Art. This traveling museum brings to area schools a folk art collection of over 200 decorative, functional and religious objects representing 55 different countries.

Having the Museum on Wheels here for two weeks was an exciting change of pace for our children, with much for them to "see" and "do". So much in fact, the children hardly had time to notice how much they were learning.

"Seeing" included a folk art exhibit

and a lively assembly presented by museum staffers. The library was transformed into a miniature art gallery by brightly colored, portable exhibit boxes, each holding a different work of folk art. Included in the assembly was a slide show about Japanese toys — the handcrafted variety, not the mass produced plastic type that fill our homes. The students especially enjoyed a lion dance performed by a museum volunteer in fan and mask.

"Doing" was a hands-on experience in the classroom. Museum staff members led workshops so students could try out some of the exhibited handicrafts. Japanese paper crafts were popular, including origami (paper folding) and mon-kiri (Japanese paper cutting).

To be so successful, the Museum on Wheels depends on its dedicated staff — including its volunteers. Volunteers are needed to assist with school visits at least two days per month, and two hours a month are needed to prepare craft supplies. Training sessions are held monthly from September to May.

In return for their time, volunteers gain valuable experience and new knowledge about the rich heritage of folk art. They have the chance to help youngsters gain an appreciation of folk art and understand a culture different from their own.

If becoming a Museum on Wheels volunteer interests you, contact Maria Napolitano or Kay Cline at 373-2061.

Pulse Research

continued from previous page

busy with contacts and meetings," Ms. Sullivan adds.

Another problem that crops up in the beginning is getting into the work mode. It is easy to be distracted by housekeeping or family chores. The best suggestion to overcome this is to get up and get dressed. Ms. Sullivan

usually schedules meetings in the morning to help establish the business day.

The opposite situation comes up as the business becomes more successful — that of separating work time from home time. Ms. Sullivan set a goal of pacing her work, and keeps office hours of 8 to 5. This prevents the temptation to "do just one more thing before quitting." While her hours are not rigid, they provide structure.

Perhaps the most difficult part of all is in developing the initiative to start the whole process. She talks about those feelings, "Having the courage to even get started is admirable. When you're moving around and you are sitting on an idea, you think, 'I'll just wait until my husband retires — or my wife retires.' That day could still be 10 or 15 years away.

"And once you make the decision to start a business there's the fear of rejection, the frustration, the fear of the unknown. These are very powerful. The psychological aspects are more powerful than not having a good cash flow."

Fighting the negative emotions and forging ahead yields rewards. Being an independent business person allows you to move without losing your worth or self image.

Jane Sullivan finds it exciting. As she puts it, "The wave of the future is people beginning to set up home offices and work out of their homes."

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It's Not Just a Craft

by Shannon Burnette

As Penny and Benjamin Welch sit contentedly watching Big Bird and Cookie Monster learn about the alphabet on TV, their mother Donna sits in her comfortable chair treddling the peddle of her Australian-made Ashford Spinning Wheel. Actually, Donna is completing three tasks at once: she is spending quality time with her children; supporting her husband's Naval career at the Postgraduate School; and she is making custom-designed yarn for a customer, which is expanding her career.

We've all heard the expressions "Super Woman" and "Super Mom." After being married to a Marine Corps officer for six years, I'm sure these descriptions originated from a military wife.

As military spouses we support our husband's careers, or wife's careers as the case may be, taking over household duties during their frequent deployments, and being both father and mother to our children, among many, many other things. We all know that.

However, throughout all of this the important aspects of our own careers often get lost in the shuffling of orders and books and boxes of diapers and toys.

So how does today's military wife feel complete within herself without giving up the things that matter most, like spending time with the children and those rare moments with the spouse? She develops a career that can be pursued from within her home.

These types of professions are only limited by one's imagination. Donna Welch, 30, spins her own yarn and knits this handspun yarn into beautiful sweaters, scarves and attractive ties. Her craft also allows her to teach others how to spin yarn as our grandmothers and our great-grandmothers might have done in decades past.

An Army wife and mother of four children, Debbie DeFries bought a

power saw and cuts most of the wood patterns which she then sands and decorates with tole-style painting.

Kay Hall, a Marine Corps wife and mother of two children, has also developed her painting talents but in a slightly different direction. Kay is a certified ceramics teacher. She has her own kiln which she uses after pouring the mud molds. These pieces are set into any number of designs and are then painted and ready to be sold as attractive gifts or decorations.

Another Navy wife and mother of two, Alex Dickman has specialized her home-based career in soft sculpture. Contrary to what this title may sound like, Alex does not work with mud. Instead, she sews and cross stitches for those of us who are afraid of even glancing at a pattern let alone a sewing machine that looks as if it flew in from another planet. For Alex, 33, her career as a seamstress actually began during a seventh grade home economics class. But Alex reports it wasn't until two years ago that she began to concentrate on selling her crafts.

All of these women believe in their crafts. They have a special bond that allows them to be creative yet think about the business world when it comes to marketing and selling their products.

Debbie, a native of South Dakota,

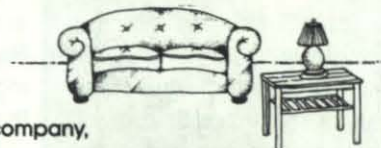
has sold her tole painting not only at local craft shows, like the popular Annual Christmas Bazaar at the NPS, but to shops in Carmel as well. This was accomplished through hard work while balancing the busy schedules of her children, ages six to 15, and her studious husband, Danny. This spouse has even played an important role in Debbie's career: during quarter breaks or a few weeks into a new quarter, Danny sands the cut wood — an often tedious project that must be done before the wood can be treated and painted.

For Donna, a spinner for eight years and a knitter for seven, her rewards often come from assisting people sort out a spinning or knitting problem during the two days she works at Soft Spectrum in Pacific Grove. In addition to this Donna, who has studied spinning in England, has won blue ribbons for her handspun yarn and a knitted sweater at the Monterey County Fair.

So as the husbands are away, either buried under a pile of books at the library or a pile of paperwork on assignment, these women help keep the home fires burning and the bills paid while investing something just as valuable into themselves. Each one is striving for fulfillment, perfection and recognition as an artist and businessperson, all the while juggling the demands of being a military wife and mother.

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A Stitch and Time...Saves Minds

by Deborah Gear

Over the centuries, women (and men) have plied needle and thread out of "bare" necessity. Every garment had to be laboriously hand-stitched. Then came the Industrial Revolution and before you could say "Singer", the sewing machine was invented. Today the home sewing machine is practically a standard feature in the American household.

However, just owning a machine doesn't guarantee you'll be able to whip up professional looking home furnishings or designer quality clothing. Sewing is a skill that needs to be learned.

Luckily for those of us with plenty of enthusiasm but only fledgling skills, there exist those who are gifted with both sewing skills and the patience and desire to teach.

Susan Lumpkin falls into this category. Even during high school, Susan had thought about becoming a sewing teacher one day. But when she moved into La Mesa last summer she had no plan to teach sewing classes. The new neighbors soon discovered her expertise and brought their sewing problems to her. Someone finally suggested she start her own sewing class. After finding the only classes offered in the area were in Salinas, she plunged ahead.

Since last July, the beginning sewing class has been full (4 students per class). About half the beginners go on to the intermediate class that Susan also offers. She publicizes her classes by listing them with the O.S.W.C. classes in this magazine and in the Pink Flyer.

Susan has found by experience that a well structured class format helps her students learn efficiently. She starts with fabric basics, moves on to learning to read patterns and by the end of the class each student has completed either an adult or child sized jumper.

As well as a great outlet, Susan has found teaching to be very rewarding.

"I adore teaching. It is self-satisfying to see the happy expressions on my

students' faces when they complete a project. Sometimes they'll phone to tell me about the compliments they've gotten on something they made."

Susan is looking forward to more than doubling the five hours per week that she now teaches. Soon she will be offering classes through Beverly's, a fabric store in Seaside and Pacific Grove that gives all of her students a 10% discount.

Susan is fortunate to be so expert at a skill that also enables her to add to the family income while still maintaining her other jobs as wife and mother to her 13-month-old son.



Susan Lumpkin and son

A few La Mesa blocks away lives another seamstress-cum-teacher, Sara Madson, whose specialty is quilting. Actually, it is more of a passion than a specialty.

With tongue-in-cheek, Sara describes herself as a "born quilter" who grew up in Ohio ("quilting country"), in a family that included a number of quilters. Even the van she drives warns "I brake for quilt shops."

Sara didn't get this serious about

quilting until about 1980 when she began to view quilting as "more of an art form than a craft."

Since then, Sara has taught quilting coast to coast. Her first teaching job started when she asked at a Jacksonville, Florida fabric store if they offered any quilting classes. The answer was "no" so a friend volunteered her. She designed and organized a basic course and was in business. Sara has also taught at the Adult Learning Center in Virginia Beach and locally at the Handmaden in Carmel.

Sara has a strong teaching philosophy, "I don't want my students to become clones of my own style. I try to get them to be creative and think for themselves."

By the end of an eight week class her students will have completed a sampler quilt with blocks and fabrics of their own choosing. Classes generally run \$50.

For Sara, sharing her enthusiasm for quilting through teaching is very satisfying and rewarding. She also cites the advantage of teaching quilting especially for military wives.

"It's a job that's easy to take with you when you move. You can walk in any quilt shop with a sample of your work and if you're good enough there's usually a need for you."

Sara is very active in the local Quilter's Guild, which meets once a month in Pacific Grove. She finds the group an important source of inspiration, support and ideas.

"One of the first things I do when I move to a new area is find out if there is a local guild chapter. Since we have much in common I find a lot of "instant friends"; it's a good way to feel part of the community."

Besides teaching quilting, Sara has given lectures on such topics as the history of quilting and how to judge the quality of a quilt. Also, she and a fellow guild member are presently working on

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An Office in a Closet

by Judy Davis



Marion Butterworth

When Marion Butterworth answered an ad for someone to do tele-marketing, she thought she would end up making phone calls for minimum wage until something better came along. Nearly four years, two children and 2,000 miles later, she is a self-employed technical writer/consultant under contract to the same South Dakota firm who needed someone to man the phones.

Marion works out of her Castroville home writing user manuals and training programs for educational software packages developed by the Sioux Falls-based Data Systems Group of United Education and Software (UES). Her office is a walk-in closet equipped with a personal computer, a stack of bookshelves, a baby bouncer and an assortment of clothes and shoes.

While working out of a closet in a house inhabited by a three-year-old and a five-month old is a challenge in itself, the most amazing aspect of Marion's business is that she has no background in computer science.

"When I signed on with this firm, I knew nothing about computers," says Marion. "But I did know how to write."

As an English major at Virginia Tech, Marion had planned a career in education.

"My sister was a teacher," she explains, "so I thought I should be a teacher too."

But after just one year of teaching, she gave up the "low pay and long hours" in search of a new career. Marion was unemployed for three months before she landed a job as a technical editor for a Washington, D.C.-area defense contractor. Though she was laid-off when the firm's contract ran out just 11 months later, the die was cast for her new career.

After two more months of unemployment, Marion spent two years as a technical writer for another D.C. firm. Then she married a naval officer, quit her job and headed for Sioux Falls.

While her husband, Bill, was on recruiting duty, Marion was unemployed once again. But after a brief job search, she simultaneously had offers from UES and Citi-Bank — and a positive pregnancy test.

Though Marion had answered UES' ad for a tele-marketing person, after seeing her resume they offered her a job re-writing the user manual for their word-processing software package. When she told them she was pregnant and asked if she could do the work at home, they sent her through three-days of training, outfitted her with a personal computer and launched her career as a free-lance technical writer.

Marion says that, at the time, "I thought I'd do this one book and then this would all peter-out."

But rather than "peter-out," one book led to another and before long Marion found herself not only writing and editing manuals, but also developing teacher-training programs.

"The software packages are for self-paced, self-contained courses," she explains.

UES sells the software to business colleges, who then employ teachers to

teach courses based on the company's program. As Marion's expertise grew, she ended up teaching some the training seminars herself, in addition to writing the materials. UES paid her on an hourly basis at first, then put her on project-by-project contracts.

When Bill got orders to NPS, Marion assumed that her days with UES were numbered. But she decided to ask if she could continue to work from her home long-distance. The company said yes and her business followed her to California.

Currently, Marion works on a contractual basis for the firm, charging a flat fee plus expenses for each project. She works directly for company Vice President Mike Hohn, and receives full secretarial support, supplies and expenses from the Sioux Falls office.

"We have a good working relationship," she says. "This is such a good deal...I wouldn't work for anyone else!"



The bouncing office door.

continued on next page

Tips for Working Out of Your Home

Marion admits that her situation was a unique combination of being in the right place at the right time and luck — "luck and persistence," she says.

At the same time, she does have a few tips for other women who would like to work out of their homes but are unsure of how to create the right situation.

1. "Don't automatically think that an alternative to the normal work situation is impossible."

Marion never would have ended

up where she is had she not approached the company with her work-at-home proposal.

2. "Look for opportunities where you see a need."

After completing her first set of user manuals, Marion suggested to her employer that they expand their training materials to include a full-range of training modules. After they were sold on the idea, the company paid her to develop the modules.

"I've had to sell them on several ideas," she says.

3. "Get the job done."

Marion feels that one of the advantages to her employer is that she is removed from office politics and distractions.

"People can fool around a lot in an office," she explains. Away from the office coffee pot and personal discussions, she feels people can often be even more productive.

"I'm very disciplined when I want to be," says Marion. "When I'm working I concentrate on getting the job done."

Closet Office

continued from previous page

While Marion feels that Hohn is "very much a family man...someone who really understands family problems," she credits her husband with much of the success of her home-based business.

"My husband is wonderful," she says emphatically. "I couldn't do it if he wasn't."

Though Marion estimates that she only works six or seven months a year, the weeks that she is working are intense. She puts in several hours, two to three mornings a week, while three-year-old Benjamin is at preschool and five-month-old Tyler plays in the office or jumps in the baby bouncer suspended from the closet door. She fits in a few more hours while the boys nap together in the afternoon, and an hour

or two before dinner.

"Bill takes over at 4:30," she says.

In addition to keeping up with his thesis work in mechanical engineering, Bill gets high marks on the home front, too.

"He's a good cook," says Marion. "Simple, but good."

Marion often works several more hours in the evening and "a lot" on Saturdays and Sundays. But even with a supportive husband, there are trade-offs.

"I work a lot on weekends," Marion explains. "That's when I forego going to the park, going to the beach, having friends over...."

"You have to ask yourself if the money and the working relationship are worth it."

For the Butterworths, the answer is a definite "yes".

"I would not take a full-time job outside the home," Marion states. "I want to be home to raise my children."

"To make \$30-\$40,000 a year and be gone 30-40 hours a week is not worth it for me."

Marion admits that there are disadvantages to her current arrangement, chief of which is the "piece-meal" nature of her work. Though she estimates that she earns in seven months of "no more than 20 hours per week" what would take a year of conventional part-time employment, she says "you don't always know that you have a job."

"It's a wait and see thing," she says.

After graduation later this year, the Butterworths will move to Virginia. UES has already approached Marion about becoming a full-time trainer for the East Coast after the move. Since that job would involve frequent travel, Marion is taking a wait and see attitude. She travels infrequently at present, and when she does, the children stay with her parents in Northern Virginia. She is not sure whether she wants to be separated from her family on a more regular basis.

But whether or not her relationship with UES continues, Marion is philosophical about the future.

"I happened into this and that's great," she says.

"It will be interesting to see how long it lasts."

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How I "Joined" the Navy at 39

by Merrily Stover

I suspect that most people by the time they are assigned to the Naval Postgraduate School have been around the Navy for a while. Not so with me. This is my first "duty station" after marrying my Lieutenant Commander husband in Hawaii last year. I was 39 years old. Now I am 40, and being older and wiser now, I can share some of my knowledge.

There may be other people who have less experience than I have with the military, but probably not too many. I grew up in a college town, and spent all of my adult life working at a college or university. To have a husband go off every morning with his book bag and brown bag lunch seems the most natural thing in the world. But to have a husband who wears a uniform with medals and bars that have to be "just so" is totally new.

Anchors Away:

Well, one thing I did know, or thought I knew, was the official Navy song. I

learned this when I was in primary school from one of my little brother's Golden Records. We found the plot-line confusing, but we enjoyed the tune.

"Anchors away, my boys, anchors away." (Meaning: Here is a man who is trying to throw the anchor off the ship. We guessed he had come into port and wanted to stay awhile — although this contradicts the next line.) "Farewell to Paul and Joyce we sail at break of day." (Paul and Joyce we figured were friends of the guy throwing the anchor over. Although why he was saying farewell when he just arrived and threw the anchor over, we didn't know. My big sister told us the words were "Farewell to Paul and Joyce." From listing to the scratchy phonograph, I thought the words were "Farewell to Almond Joys" but she said I was silly. They would never put a candy bar in a marching song.)

The rest of the song was even more scrambled. Only recently while hum-

ming the song in the shower did I realize we hadn't even gotten the "Anchors Away" part right. (My husband says he has the words somewhere around the house but he's not sure where.)

So except for this one thing (rather weak) that I knew about the Navy (and a navy pea-jacket that I owned back in the 1960's) everything from here on out was totally new.

Protocol:

One would think that with a husband in the armed services I would understand saluting, but I didn't. The first time I ever saw one person salute another was while walking across Pearl Harbor Naval Base with my new husband. I noticed people across the way snapping up their elbows. "How quaint," was my reaction. Gomer Pile used to salute, I believe. I was surprised when

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Navy at 39

continued from previous page

my husband actually took part and saluted as well. "Don't you feel *embarrassed* doing that?" I asked. He looked at me, puzzled. I guess you must get used to it. Now it doesn't seem so comical.

Even before our honeymoon was over, I was set down at the entrance to the Hale Koa Hotel to have my lesson in stripes. You can tell a person's rank and other things as well by what he wears on his shoulders and sleeves and chest. I must admit I was totally confused. There were so many people going by in so many different uniforms, just to pick out those that were Navy was a task. By the time I could pick out 4 stripes for captain and 3 stripes for commander, my husband figured I knew enough and called it a day. Now on Tuesday uniform days, I'm a real whiz at counting stripes on naval officers' uniforms. I need more instruction, though, if anyone from another branch of the service or if an enlisted person goes by.

A Stitch

continued from page 22

a book about applique quilts.

Sara is on "hiatus" from teaching right now, having recently been blessed with a new baby girl (and future quilter). But she still welcomes any questions about quilting or the Guild at 375-4499.

What if you enjoy sewing and don't think you'd enjoy teaching? There are plenty of ways to market your sewing skills while working at home.

Curtains and drapes are always in demand, especially since decorating styles today seem to change as quickly as clothing styles. If you can sew slipcovers you'll probably find a ready market, considering today's high cost of furniture and re-upholstery. Are you a romantic who loves working with beau-

Identification Card:

After passing remedial stripe reading, our next stop was to get me an "I.D. Card". A military identification card is truly a magic card. It makes you a real person. You can show that card to someone and then, just like that, you are legitimate.

We got my card at Pearl Harbor. It was a long wait, but it gave me time to sit, watch the people around me, and count stripes. Most of the typists and other office workers were women. Not very different from the outside world. Stereotypes die hard.

Stereotypes:

One of the first things that changed when I joined the Navy was my own stereotype concerning military people. When you're "one of them" it becomes impossible to maintain simple stereotypes about any group. My own opinions regarding the Navy were not very strong, probably because of ignorance. I had the vague notion in Junior High School that good girls stayed away from sailors. But since I lived in Kansas, that wasn't a real problem.

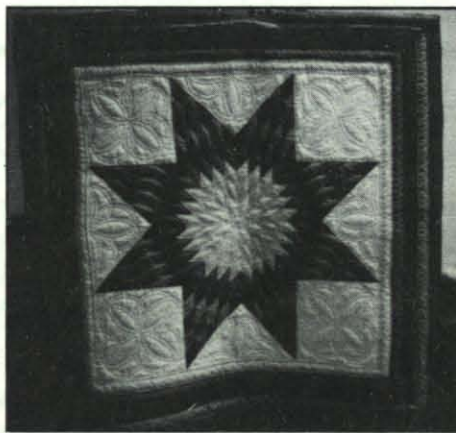
Years later in Hawaii, however, when I announced my engagement, others around me were horrified. "Oh

no, Merrily! This means you are a *dependent*." "How can you stand yourself? You'll be a Navy wife!" "What about your intellectual life? You won't have anyone to talk to! They only sit around and talk about benefits." "This is not like you at all — marrying a military person. None of the rest of us even *knows* a military person. Where did you meet this guy? Some bar?" (No. I met him at church. My mother was delighted.)

What could I say? At the time I only knew one naval person and that was the man I was marrying. He seemed normal. How did I know what people talked about in the Navy? However, now that I'm an old hand, I do have an opinion. I've really enjoyed the people I've met in the Navy. They are as interesting and diverse as any group I've been with. Nobody discusses benefits particularly (although I am interested in getting my teeth cleaned, if I can figure out how it is done here). I guess everyone else already knows their benefits. I also find "Navy wives" a delightful group to be with, well-educated, articulate, with a whole variety of interests, employment skills, and backgrounds. My only complaint is that when the men get together they use incomprehensible language. Words like "ops weps" and "c-o", and "orsey, engie, eoow, neesep," etc... This makes me realize how separate their world has been from mine. But still a world interesting to find out about.

Anchors Aweigh:

When I took my husband home for our first Christmas, my father took me aside just before leaving and said "I think you made a good choice." I think I made a good choice, too. And I got much more than I ever expected — a campus that feels like a 19th century resort, a friendly neighborhood in a city where it is always spring-time, an office to call when the dishwasher runs over, and a supportive environment for my own career. I realize we're with the cream of the crop here at the Postgraduate School, and that life is not "typical", but for me this has been a pretty good way to start out my life in the Navy.



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tiful fabric? Consider sewing bridal gowns for the girl who wants a one-of-a-kind wedding dress.

A little brainstorming will yield lots of ideas. Armed with your sewing machine, imagination and ambition you can turn those ideas into realities.

Mother's Day Reflections

by Shannon Burnette

In the wee hours of the morning, usually 4:45, I quietly climb from the warm flannel sheets of our queen-size bed. I have been awakened by the wonderful sound and smell of the automatic coffee machine as it begins to drip and brew that magic brown liquid.

My slippers and robe, already laid at the end of the bed the night before, are gathered into a heap as I stumble for the dark bathroom. Greeting me with loud meows is a 10-year-old, 18-pound gray and white tom cat. He joins me in the bathroom as I close the squeaky door and turn on the shower.

Within minutes I creep to the kitchen with yet another cat and two sleepy dogs by my side. Their routine is coordinated around my early morning rising. Each waits patiently while I open the smelly cans of food and let them out for their morning rituals around the back yard.

Finally, I am able to pour the coffee that will shortly put life into my chilled body. Still creeping silently, I open the curtains and get comfortable in my living room chair with a good book or magazine, or my spinning wheel.

I treasure the next 30 minutes before my two year old son begins to stir in his bed. Once those sounds begin I know my time is in demand and will not be my own for another 24 hours.

This is the routine of a working mother — one I treasure and preserve like caring for an antique. It takes love and polish and quiet appreciation to understand these joyful secrets of motherhood.

However, I find myself looking forward to the baby's stirring because I know I'll soon be called. No one could have told me the glorious feeling of being called "Mommy" which is shortly followed by a hug from this child. Of course I have been hugged by many children, yet the warmth given in a hug from my own child is an unexplainable communication of love.

I remember holding my son for the first time. (On Mother's Day it seems appropriate to remember such occasions.) The bonding process was already at work and I would have given my life if anyone would have threatened this nine-pound individual. Even when the nurse, who smoked too much, said my newborn knew her by her smell, my hackles went up.

Yet the biggest impression of how much I loved and wanted this human being was made only hours after my cesarean delivery. It was 5:30 a.m. as I layed in bed, holding my sleeping son, when a red-faced woman came into my room. Due to her drab dressing, which was the same as my attire, I

knew she was a patient.

Her words were few, "I just wanted to see a live baby," she said, gently touching my son's soft hands. "My baby died at 2 a.m."

My sympathies and condolences were met with quiet wet eyes as she attempted to relax on the next bed. She gazed with desperate wanting at the child that I had almost lost during pregnancy — a feeling that I knew and understood from losing my first unborn child.

It is those moments with an unidentified woman that I recall when I am experiencing a tough day with an active two-year-old. Those moments remind me to count my blessings and not complain, too loudly, that I'm exhausted and have just found another gray hair. I know before too long these days will be gone and I will be following the trail of my grandchildren, wondering where the years have gone.

For now I treasure the glorious moments when my son says "Love you, Mommy." He quickly follows that with a demand for a kiss. But being the young age that he is — unable to say "k's" — he demands "piss, piss" — a forgivable and funny error of my loving two-year-old boy.

Happy Mother's Day!

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A Business of Fitness

by Rani O'Donohue

A love of fitness and an outgoing personality make teaching aerobic and muscle-toning workouts ideal for Marion McAlpine, creator of "Body-Tone and Fit."

Marion teaches eight classes a week (which she feels is her physical limit!) at the Naval Postgraduate School. She became interested in teaching aerobics when she was taking classes five times a week in Omaha, Nebraska. Her teacher recognized Marion's talent and asked her if she'd be interested in training to become an aerobics instructor. After her initial training, Marion received certification from Aerobics and Fitness Association of America (AFAA) and created her own program which includes a warmup, an aerobic portion, muscle toning, and a cool-down.

What does it take to be a good instructor? Marion feels that you definitely must be someone who isn't shy and who feels comfortable performing in front of people. Being physically fit and enjoying exercise are essential. A pleasant personality and a knack for making people feel welcome are also important personality traits. Marion strives to know every student's name and tries to create a fun and relaxed atmosphere in her classes. Patience and perseverance are good qualities too, because it takes an average of six months for an instructor's business to become established.

There are significant costs involved in running Marion's business. Her expenses included her workout outfits, stereo equipment, records, compact discs, tapes, rental fee for the workout space, certification costs, hotel room and driving expenses while getting certified, printing fliers and forms, resistance bands used during the workouts, and fees for using the record companies' music. Marion did make a profit this year though she emphasizes you probably won't make a fortune teaching aerobics!

What are the pros and cons of teaching aerobics? Marion feels that staying physically fit, meeting people she wouldn't otherwise get to know, and the extra income are all positives. The negatives are the evening class times which delay dinners (something her husband Mark has adapted to) and the fluctuating income.

How can someone get started in teaching aerobics? Marion recommends the following steps:

1. Find an aerobic program you like.
2. Ask the instructor about the training program required to become an instructor.
3. Get *certified* to teach through a reputable group. Addresses to contact these groups can be found in fitness magazines like *Shape* and *Self*.

Marion chose to get certified through AFAA because they require a *practical* as well as written test. The written test required thorough knowledge of anatomy, physiology, kinesiology, and effective and safe exercise techniques. The practical portion required a group performance of an entire aerobic workout and an individual presentation. AFAA also requires continuing education in fitness-related courses to earn certification.

Marion feels getting certified is essential in ensuring that an instructor knows safe exercise techniques. She keeps current with the latest safety information through several fitness organization magazine subscriptions.

Although Marion doesn't plan on making a career of teaching aerobics, she will continue to teach as she finishes her Masters degree in Microbiology. Marion considers teaching aerobics a great way to stay fit, meet new people, and earn some extra income!

(Rani O'Donohue is a student of "Body-Tone and Fit" which is why Marion McAlpine was selected to be interviewed for the exercise business portion of this *Classmate* issue. Several other sports activity businesses are being run by La Mesa residents.)

Have Any Spare Time?

The Naval Reserve is a force of highly trained and motivated professional persons available in a national emergency to meet the expanded needs of the Regular Navy.

One of the Navy's critical needs is a reserve force of doctors, dentists, nurses, and medical/dental technicians to participate in part-time training consisting of one weekend a month and two weeks a year in a pay status. If interested call the local Reserve Center 372-4674.

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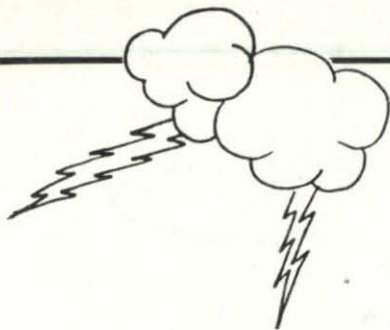
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Stormy Weather

by Michelle Ule

As luck would have it, when the time came for our first child to be born my husband was under contract to the United States Navy. That left the raising of the child to me. I had to be the stay-at-home parent. The job has worked out well over time and after seven and half years of it I'm convinced I got the better deal.

Oh, sure there may be a lot of glory in running a nuclear reactor and having fifty talented men at your beck and call, but I'm convinced it takes far more skill and canniness to get a two year old to pick up his clothes. Two year olds also tend to be cuter than submariners, though they may smell just as bad.

All those years my husband has been busy climbing the chain of command and getting ahead in his career, I've spent lounging around the house, making cookies, reading the paper and planning great vacations. He may have earned his ulcers and balding head but I'm the one who's lived worry free. He just hands over those pay checks and I manage the money.

People who don't know me might argue that I've let my mind go to waste all these years and that I'm in danger of becoming dull. My husband has always prepared the numerical portion of our income tax forms, but I've had the more creative task of coming up with an occupation. He has faithfully listed himself as "naval officer" all these years while I was a journalist, landlady, mother, freelance writer, homemaker, humorist, gardener and budget counselor. Which person sounds more interesting to you?

Oh, it's not all his fault. I'm sure there must be some fun and excitement amidst all those boring drills and maneuvers. The job is certainly advertised as adventurous, but can "training" ever really compare to driving a carpool of four pre-schoolers? I can get a thrilling twenty minute ride to the annex and

back replete with inane jokes, silly songs, open-ended questions and ridiculous traffic without once putting on khakis or turning pale. You can tell I've got the better deal.

Of course there are similarities between our jobs. He had to keep track of records for a nuclear propulsion plant, I have to remember who has had what shot when and where their yellow shot card is. He recounts, with veiled disgust, visits to bilge tanks and cleaning out sanitariums. I've probably changed 8,000 diapers, literally. He's missed wondrous moments of joy as our children grew, we've missed his birthdays and the triumphs of his career. We've both spent long stretches of time one step removed from the person we love best.

Neither one of us has been completely carefree in our assignments either. My husband's last billet came with an HY80 steel mistress who had her atomic claws deeply embedded in his hide. She could call him any hour, day or night, and he would respond. She was continually luring him off to vacation spots like the Mediterranean and Caribbean Seas and he went without a whimper. She had him every third night, in port or out, and only shared him begrudgingly around a wardroom dinner table.

I, on the other hand, had two little boys, a large dog and ridiculous cat, not to mention the old car and the unique house. The bunch of them also laid consuming claim to my life, though they never called me on the phone. They filled my days quite happily with every minor ingredient of their lives and kept me hopping. Fortunately they all went to bed at eight o'clock every night so I at least had my evenings free.

Our respective agendas is another area in which my part of the bargain is much sweeter. All those deployments my husband was out preserving my constitutional rights, I was at home enjoying the fruits of his labors. He works a life of following orders and schedules, going wherever he's sent. I'm free to do as I please every day and I don't have to clear it with anyone.

Since coming to La Mesa, however, things have evened out somewhat. He now spends far more time at home than he ever has before and we now have a third child. The arrival of the baby has canceled out whatever leisure advantage I might have had in the past and we now put in about the same number of hours. Sad to say it won't always be this way and the job will all too soon call him off once more. But for the time being I'm enjoying, and he is too, the better job.

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No Hiccups Here!!

by Susan Lumpkin

Have you noticed where everyone is getting these cleverly decorated t-shirts and sweatshirts? Well, it certainly isn't the Exchange!

Painting on t-shirts and sweatshirts is the newest and latest craze in personalizing your wardrobe and your children's wardrobe. (Gosh, with as many children as there are in La Mesa, we've got to do something so we know who belongs to whom.) The process I will explain to you is Slick paint. Don't get this confused with Puff paint, as Puff paint puffs up after you have painted. Slick paint is a plastic type material and is not recommended for coloring in or shading an object. The Ft. Ord Arts and Crafts section carries the accordion shaped bottles of slick paint; however, I would recommend the smooth shaped bottles as they do not hiccup. (The definition of hiccup — air bubble). Both brands are by Tulip.

Materials

Sweatshirt or t-shirt
Assorted slick paints
1/8 yard of 2 or 3 different patterns of fabric.

Wonder Under
Transferable design
Iron and ironing board
Transferring pencil (if using designs in article).

Instructions

Before you begin, wash and dry sweatshirt or t-shirt to remove any sizing and shrinking.

Step 1: Wonder-Under

1. Place rough side of Wonder-Under against wrong side of the fabric. Press for 3 seconds with a hot, dry iron. Let fabric cool. Estimate the area you need for the particular fabric design you will transfer. If you want a different fabric design on part of the

transfer, place your second fabric on Wonder-Under and press again. See example A.

2. Transfer pattern onto fabric with iron. Try to press only the portion you plan to use, because the transfers are only good for about five pressings. Press for approximately 10 seconds or until transfer can be seen. Example: If transferring the wheels from example A, try to only press the bottom portion of the car to the fabric design selected.



3. Cut each desired shape. Be sure to cut second and third pieces being applied a little larger. Example: Cut entire car out and cut away car windows and wheels. Your second and third piece would be the windows and wheels. Be sure to cut a little larger so they will cover the cut away parts.

Step 2: Applying transfer to Sweatshirt or T-shirt.

1. Transfer pattern to sweatshirt or t-shirt by pressing for approximately 10 seconds or until transfer can be seen.

2. When ready to fuse, gently peel off backing of car and position. Press for approximately 10 seconds. Remember to do the largest piece first.

3. Continue with wheels and windows in the same manner.

Step 3: Painting

1. After applying all Wonder-Undered fabric, you can start painting.

2. Remove cap and hold the Slick paint bottle close to the surface of fabric. Shake bottle *one* time just to get paint down to the tip. *Do not* shake vigorously as it will cause hiccups while you're painting. YUK!

3. Squeeze bottle very gently — too much pressure causes puddles! Practice making letters, lines, dots and shapes.

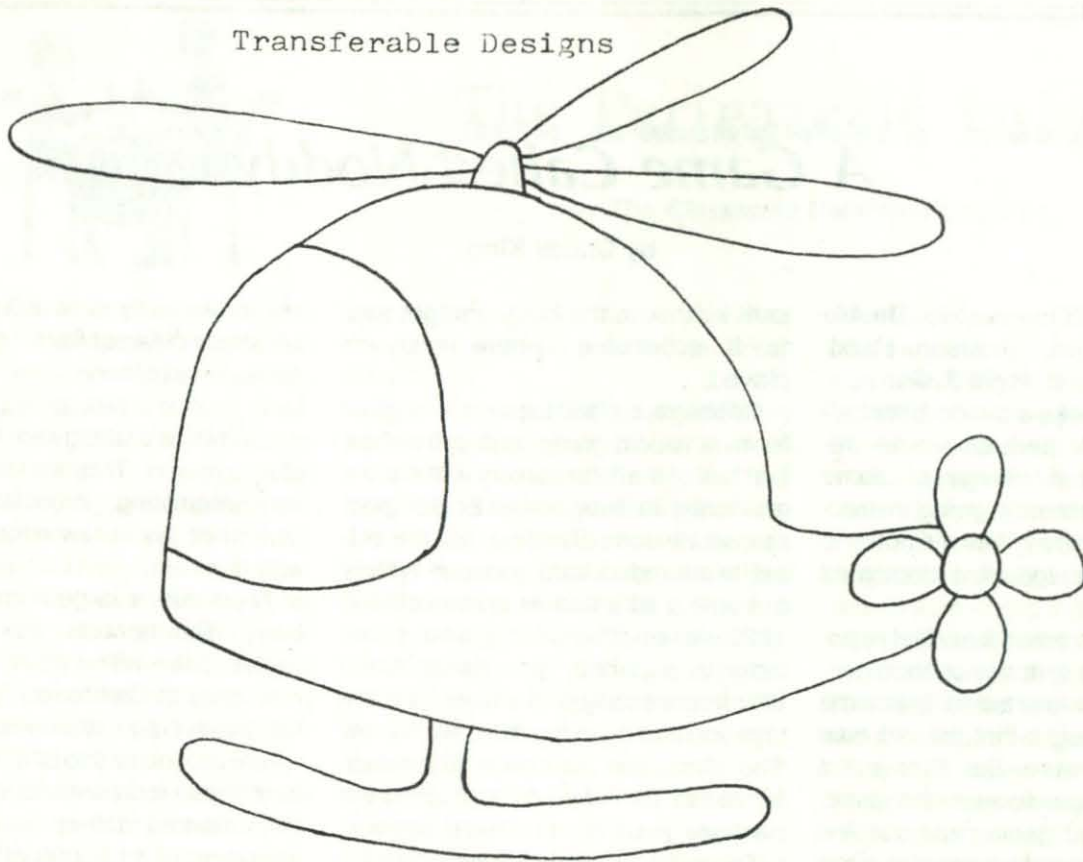
4. Always start at the top and work down. Slick paint takes approximately four hours to dry and is permanent, so be careful not to brush across it.

5. Start painting by outlining your figure. If you put another color next to the first or on top, wait until the first color is dry before doing so. It is a long waiting process, however you will be happier in the long run.

Yes, you can machine wash your newly decorated shirt. Just make sure the dryer is set at a cool setting.

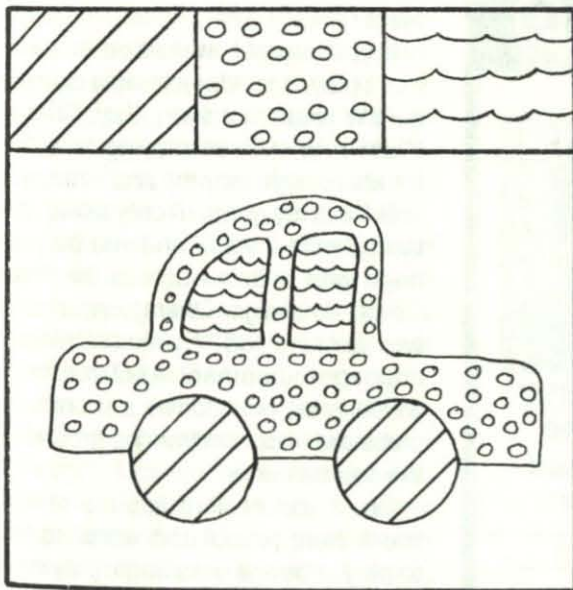
Beverly Fabrics carries an array of paint, sweatshirts and transfer books. I have enclosed two picture transfers. You can transfer by using a transfer pencil. Do keep in mind, you do not have to use fabric along with the paint. Use your imagination with colors to create a pattern. (After transferring your pattern, simply start painting). Another idea is to use cardboard and wood shapes and apply them to the sweatshirt. Use velcro or a pin to attach and detach before and after washing.

Transferable Designs

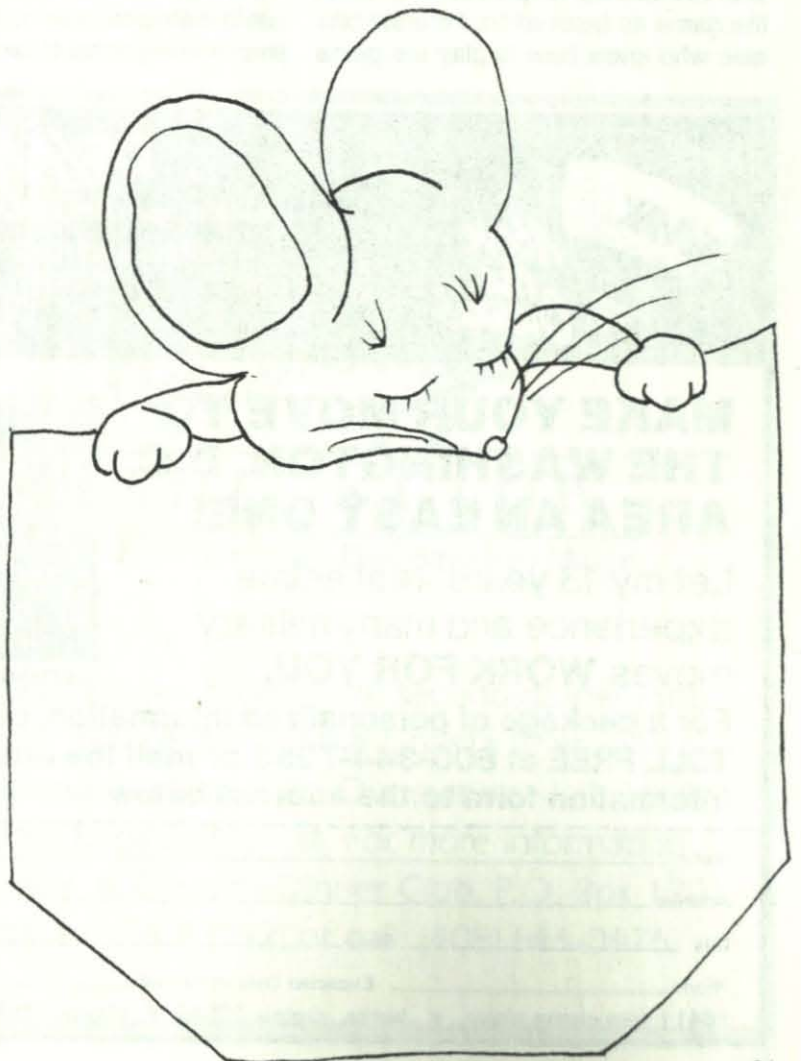


Example A

Three different fabric designs



NOTE: Car, windows and wheels are of different fabric.



A Game Called Noddy

by Chuck King

Fifteen-two. Thirty-one-two. Double run. Pairs Royal. Nineteen Hand. Twenty-nine. Nobs. Right Jack.

Does it sound like a quarterback calling a play? Or perhaps some demoted officer in charge of some obscure naval exercise giving instructions to his referees? Well it's not. It is simply the language of a dedicated cribbage player.

I can clearly remember my first exposure to cribbage as a boy of about ten. When my father started to teach me the game, I thought that the old man had flipped for sure. But after just a short while, I began to enjoy the game. I guess the rapid game pace coupled with the somewhat bizarre rules gave the game its fascination. I met no one else who knew how to play the game

until I came in the Navy and got sent to a submarine, where everyone played.

Cribbage, called Noddy in its original form, is an old game, dating from the first half of the 17th century with history attributing its design to an English poet named Sir John Suckling. It is the oldest two-handed card game in history but was a little known game until the 1920's when it began to gain in popularity. Its popularity grew during World War II, especially with sailors, and enjoys increasing popularity even now. The American Cribbage Congress, formed in 1979, has done much in the past nine years to promote the game.

The rules of cribbage are fairly simple to learn and master, taking no more than a few games. However, the rules

are somewhat bizarre at first. The rules are totally different from any other card game in existence. The games are fairly short and fast paced, with experienced players taking less than 15 minutes a game. This makes the game very interesting, especially to those who have just a few minutes to relax with game.

There are a large number of Cribbage Tournaments in the United States today, with many of those being held here in California. The entry fee for the average tournament is somewhere around \$35 to \$45. The payback from these tournaments varies from a few hundred dollars for the smaller tournaments to \$5000 or more at the big tournaments, such as the one in Reno, Nevada in February of this year. Considering that the tournaments last one or sometimes two days and that you play some of the best "Cribbers" around, these fees are very reasonable. After all, how much does it cost to play 36 holes of golf, which takes about the same time as the average tournament?

If you are not interested in tournament play, consider joining a club such as the local Monterey Bay Cribbage Club. I have been playing with them for about eight months and it has really improved my game. It only takes about three hours a week and you play cribbage with people such as the Pacific Coast Cribbage Champion, and the winner of the 1987 Fairfield, California, cribbage tournament. All of that for only \$1.00 (yes, *one* dollar) a month. The clubs are excellent training grounds for the tournaments.

So, if you or your spouse needs a break from school and wants to learn to play cribbage or to begin play on the club or tournament level, give me a call at 375-4705. GOOD CRIBBING!



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The Peripatetic Palate

by *The Classmate Galloping Gourmet*

I thought for my first article as the *Classmate's* "Galloping Gourmet" I would write about one of my favorite pastimes... "Doing Lunch."

This is a hobby I have had and loved for years! The spouse is working, going to school or studying, and hopefully the kids are in school. I always find it easy to get someone to do lunch with; the hard part is getting everyone to agree on what we are in the mood for. Fortunately, one of my girlfriends has lived here for years so she is a good source for finding good, relatively inexpensive places around the area.

On this particular day my two friends and I visited Fanny's Bar and Grill at 420 Tyler Street (372-8700). We decided we would all order something different and "share." We started with two appetizers, the first being Beef Teriyaki, which had three charbroiled sticks of very flavorful and tender beef in a rich teriyaki sauce. The second choice was Artichoke Hearts, which were served Tempura style. I was a bit disappointed in this dish as they used marinated hearts. However, my friends found them much to their liking. Other appetizers were the usual fare of tempura, veggies, and calamari. With all appetizers you have a choice of mayo, tartar, cocktail, sweet and sour, and teriyaki sauces. Average price: \$3.95.

We skipped right by the salad and the "Light eating" sections. Why ruin a good thing? However, they do have a Chef Salad, a small green salad, tuna salad and the like.

Now on to the "House Specialties." One of the ladies ordered "Calamari a la Fanny". This dish is a classic blend of fresh, lightly breaded calamari sauteed with tomato and green onion which is then flamed in wine, brandy, and garlic butter. What a tastebud extravaganza! The portion was large and in addition she had a choice of homemade soup (that day it was cream of

broccoli) or a garden salad. The meal also came with homemade fries. Price: \$5.96.

My other friend and I decided to try one of the daily specials. Our choices were a Fisherman's Platter, a 7 oz. burger, and a Mexican dish. We chose the Fisherman's Platter which was lightly breaded Calamari and Red Snapper. We also chose to have a green salad with bleu cheese dressing. The dressing was very good. Fanny's also serves five kinds of burgers, assorted hot sandwiches, and many deli-type cold sandwiches. My friends both recommend the calamari sandwich, and by a look around it surely did seem popular. Fanny's has a full bar and a Happy Hour from 4 p.m. until 6 p.m. I enjoyed the pub-like atmosphere and

the friendly people. The service was a bit slow, but we found out the waitress was new. The luck of the draw, I guess.

Just a note: Happened to be at the Del Monte Shopping Center and had a nice lunch at Marie Callendar's; I have always liked the decor of this chain. On this particular day we indulged in the soup of the day, which was Cream of Broccoli. The soup was very thick and had a nice garlic flavor. I also enjoyed a trip to the salad bar. The vegetables were fresh and crisp and the display was attractive. I am not a "sweet" eater but I understand, through many others, that their pies are always fresh, filling, caloric and delicious! Next month: A review of THE CLUBS...

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Side Stretches and Spinal Twists to Slim the Waist

(c) Phyllis Haffner 1988
Yoga Instructor and
Certified Massage Practitioner

Drawings by Kimberly Dyer Watters

It's good to have an emergency stretch that you can use to trim the waistline a bit whenever a favorite skirt or pair of pants has gotten too tight. But it is important also to have a regular program to keep the midriff long and lean, for as we get older there is a tendency to fold over and thicken in the middle. Since my early teens, I have used the standing arm crossover as an instant waist-cincher. In yoga, I have found many techniques for lengthening and strengthening the muscles that define the waistline.

Distance between ribs and hips is what makes a waist. This whole midriff area is the key to looking slim. Just tightening a belt, besides preventing deep breathing and cutting off circulation, leaves flesh bulging above and below. As we shift from our winter big tops to summer's crop tops and bathing suits, let's give the midriff muscles the attention they deserve.

Good posture is the best guarantee for keeping a midriff. If the hips are tucked so the tailbone points directly downward, the abdominal organs are cradled in the hipbone structure and the abdomen flattens. If the rib cage is lifted, there is room for the lungs to breathe deeply and for the stomach to digest food. Also, the shoulders relax down and back, further opening the chest for breathing.

Thus, all exercises which strengthen the muscles along the spine and across the abdomen will help to create a strong midriff and trim waistline. All the yoga postures given in previous editions of this column are helpful in a general way. Here we shall focus on a few side bends and spinal twists which are particularly, and immediately, effective in slimming the waist.

Instant Waist Cincher — Standing Arm Crossover. Stand with feet wide apart and pointing straight ahead. Inhale as you lift arms out to a "T" position. Exhale, bringing right hand down to or toward left foot. Stretch left arm up toward ceiling, looking up at left hand. Inhale as you slowly come back to the starting position. Repeat, with left hand to right foot. Do at least 20 rounds for "instant" results.



Standing Side Bend. Stand with feet together. Inhale and lift arms overhead, reaching high. Keeping head between arms, bend to the right, exhaling. Inhale, again lengthening the spine and arms. Exhale as you bend a little farther to the right. Inhale, gently

lengthening a bit more. Exhale, bending a little more to the right. Inhale as you slowly lift back up to center and reach high. Repeat to left side.

Sitting Side Bend or Atlas Posture. Kneel, sitting upright on heels. Inhaling, raise arms overhead, interlace fingers. Slide over on to left buttock; arms encircle the head. Exhale, arching to the right; hold for a count of 5. Relax muscles at left side, letting them lengthen. Inhale, lifting back to center; repeat arch to right. Repeat the series, arching to the left two times. Lie down, clasp knees to chest and gently rock on back.

Simple Lying Down Twist. Lie down on floor, legs together and arms in "T" position. Bend knees; inhale. Exhale slowly, bringing knees to the floor on right side. Arch upper back; press left shoulder to floor; head to left. Inhale, returning to center. Repeat, with knees to left side. Do a smooth-flowing series, alternating sides.

Alternate Leg Crossovers. Lying down, have legs together and arms in "T" position. Inhale as you raise right leg slowly, to count to 5. Exhale; count to 5 as you lower right foot to left hand. Hold as you breathe deeply in and out. Inhale, slowly lifting leg back up to center. Exhale, smoothly lowering it down to the floor. Repeat with left leg. Do crossover at least 3 times with each leg. Hug knees to chest and rock on spine to massage back.

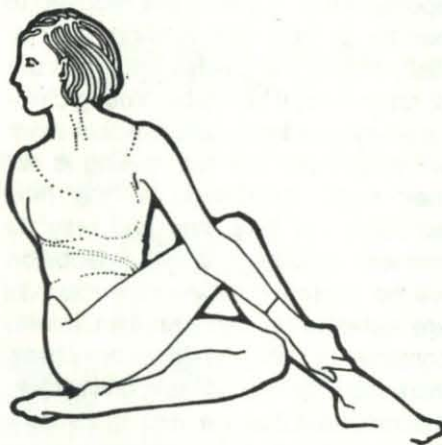
Both-Leg Crossovers. Lying down in "T" position, inhale and lift both legs. Exhale, bringing both legs over toward right hand. Hold, breathing deeply, stretching left side. Inhale as you bring

both legs up to center position. Exhale as you lower them together to the floor. Flatten lower back to floor as you lower the legs. Using abdominal muscles to hold back down strengthens them. Rock on back for a gentle massage.

Seated Spinal Twist. Sit with legs straight out in front of you, back straight. Bend right knee and place foot on floor outside left knee. Bring left arm to outside of right knee. Hold onto lower leg if possible, or place hand on floor. Extend right arm and bring it to floor directly behind you. Inhale, lengthening spine upward. Exhale, pressing left arm against knee, right hand to floor. Twist hips, waist, chest, neck. Look over right shoulder. Inhale, lengthening upward again. Exhale, deepening the twist. Inhale and slowly release back to the starting position. Repeat to the other side. Relax by rocking on the spine, gently massaging the back.

There is no need to do all of these postures at one time. Any one or two of them will give you a good stretch, alone or interspersed with other exer-

cises. Include all of them during each week to steadily lengthen and strengthen the midriff muscles, which will give increasing definition to your waist. Your slim waistline not only will look good, but it will reflect a strong midriff, enabling you to maintain good posture, with all the health benefits that brings.



*Seated Spinal Twist
(Variation with leg bent)*



Upcoming Focus

June

Ways to Survive
the Summer

Articles for any issue should be submitted, typed double-spaced, to SMC 2330 by the first of the month preceding the month of publication.

For more information, contact
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When Mom Starts Working Outside the Home

by Marianne Bingham Rowe,
MS, MFCC

"All you do is go to work." "You never have time for me anymore." "Why can't things be like they used to be?" Whether spoken or unspoken by a child when mom starts working outside the home, these statements are probably similar to some of mom's own reactions and frustrations about this change in routine. When-mom-gets-an-outside-job is an event that requires an adjustment from everyone — dad, kids and mom. Suddenly the person who orchestrated everyone's routines and schedules has other responsibilities and less time and energy. Every family member is affected and each one reacts in his/her own way. This adjustment, however, need not be a cause for major concern or trauma but, like most other family adaptations, can be managed with increased understanding and communication.

The children's reaction is primarily to the decreased time mom has to spend with them and the increased re-

sponsibilities that they are required to handle on their own. In short, they initially resent this change and don't understand why it has to be. Young children may need reassurance that mom will return and that her leaving is not their fault. Adjustment to the new schedule will take time and may be met with resistance at first. Adaptation will be hastened as the new routines are established and maintained with consistency. While children may have increased "grown up" responsibilities, it is important that everyone in the family remember that the children are not grown up yet and to make sure they are allowed to be kids. In the redistribution of household duties, it is important that parents keep in mind that a child's capabilities are not the same as an adult's — mistakes will be made or chores forgotten (a chart or list can help eliminate this problem), and it is essential that a child have time to play. Feelings of abandonment are allevi-

ated as a daily time is set when mom focuses all her attention on each individual child. Even if the available time is only 15 minutes, a key to establishing and maintaining the parent-child bond is in the child's feeling confident of parental love and attention rather than the number of hours spent in the same house.

If a young child is staying at home or with family members during mom's absence, phone contact made halfway through the day (for example, at lunchtime) can let the child know that mom is thinking of him and will see him at dinner that evening. Keep in mind that a child's concept of time is vastly different from an adult's and the time from early morning to evening can seem like an eternity. At this age, time is best understood in terms of events, like naptime or dinner, rather than numbers of hours.

continued on page 40



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- 1/8 tsp. dry mustard
- 1/8 tsp. ground cloves

Preheat oven to 375 degrees. Place ham steak in a shallow baking dish. Cut orange into very thin slices. Place on top of ham. In a small bowl, combine molasses, water, orange juice, sugar, dry mustard, and cloves. Pour over ham. Bake uncovered 30 minutes; baste occasionally. Cut into wedges. Serve with a slice or two of orange on each wedge. Serves 6.

Party Brunch

Cranberry Fizz

Fresh Fruit Medley

Baked Scrambled Egg Casserole

Pan-Fried Canadian Bacon

Potato Pancakes

FRESH FRUIT MEDLEY

BH&G Lunches and Brunches

In a large salad bowl, arrange small pared watermelon wedges (chilled) as dividers. Between dividers, place separate mounds of peach slices with banana cuts*, halved avocado rings*, orange sections, halved pineapple rings, and cantaloupe and watermelon balls. Center with flaked coconut. Trim with mint sprigs.

*To keep these fruits bright, dip in lemon juice mixed with a little water.

CRANBERRY FIZZ

Pillsbury Come for Brunch Cookbook

- 1 quart (4 cups) cranberry juice cocktail
- 1 c. grapefruit juice
- 1 c. orange juice
- ½ c. sugar

- 2 c. ginger ale, chilled

Combine juices and sugar; chill. Just before serving, add ginger ale. 16 (½-cup) servings.

BAKED SCRAMBLED EGG CASSEROLE

Pillsbury Come for Brunch Cookbook

- 2 Tbsp. butter or margarine
- ½ c. sliced green onions
- 12 eggs
- ½ c. half-and-half
- 1½ c. chopped cooked ham
- 10 ¾-oz. can condensed cream of mushroom soup
- 4 oz. (1 cup) shredded cheddar cheese

Heat oven to 250 degrees. Grease a 2-quart casserole. In a large skillet, melt butter or margarine. Sauté onions until crisp-tender. In a large bowl, beat eggs; stir in cream and ham. Pour egg mixture into skillet with onions; mix well. Cook over medium heat. As mixture begins to set, gently lift cooked portions with a spatula so that thin uncooked portion can flow to the bottom. Avoid constant stirring. Cook until eggs are thickened throughout; spoon into casserole. Pour soup evenly over top. Bake at 250 degrees for 30 minutes; sprinkle with cheese and bake 10 to 15 minutes longer. Serves 6.

PAN-FRIED CANADIAN BACON

BH&G Lunches and Brunches

Preheat skillet. Brown 1/8-inch to ¼-inch slices of Canadian bacon on both sides, then reduce heat and finish cooking.

POTATO PANCAKES

Cookery for Entertaining

- 1 (8 oz.) pkg. cream cheese
- 2 eggs
- 3 Tbsp. all-purpose flour
- ¾ tsp. salt
- 1/8 tsp. pepper
- 1 Tbsp. onion powder
- 2 c. shredded Swiss cheese (8 oz.)
- 2½ lbs. baking potatoes
- Vegetable oil for frying

In a large bowl, thoroughly mix cream cheese, eggs, flour, salt, pepper, and onion powder. Beat until smooth. Stir in Swiss cheese. Peel and grate potatoes. Squeeze grated potatoes a handful at a time to remove excess moisture. Stir grated potatoes into cheese mixture. Form into thick 3-inch patties. Discard excess liquid. Pour enough oil into a large skillet to cover the bottom. Heat oil. Fry pancakes in hot oil over moderately high heat until lightly browned on each side. Drain on paper towels. Serve immediately or cool, wrap, and refrigerate. To reheat, place pancakes in a 350 degree oven for 15 minutes or until hot. Makes 6 to 8 servings.

NAVY BLEU

The focus for June is picnics. If you have any delicious recipes you'd like to share with other Classmate readers, please submit them to Rani O'Donohue, SMC Box #1861. Until next time, munch a brunch!!!

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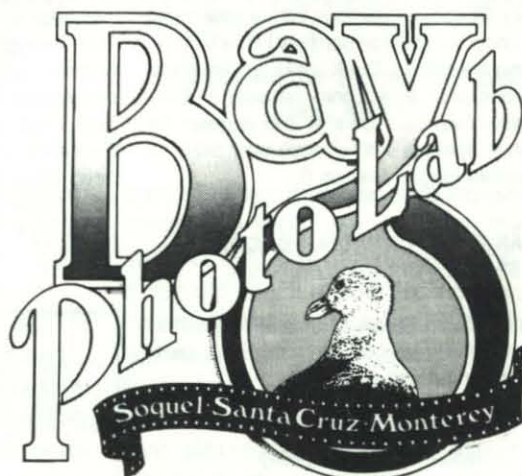
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Living with Children
continued from page 36

Often mom's employment necessitates a child's enrollment in a pre-school or day care program. Needless to say, the happier a child is in such a program, the less effect mom's absence will appear to have. Even though a child may seem like she couldn't care less, she is adjusting to this change internally and, as we are all familiar, few adjustments are easy. If a parent senses that a child is "putting up a front," she might try telling or reading a story about another child's reaction to mom's absence, a story that communicates some of the mixed feelings or confusion that often follows this change. The story may or may not prompt the child to share some of her own feelings, but it will, at the very least, let the child know that the feelings are alright.

The final issue addressed here may be, in fact, the first issue that mom faces after deciding to take another job — guilt about "leaving" the children. While flack about employment may come from mom's own family, from in-laws or from friends, it only seems to hit home as much as there is uncertainty in her own mind. There is no absolutely-right-for-all-children way to parent; needs and ways to meet them vary in the individual children, parents and families. The best a parent can do is to give it his/her best shot. If a mom needs to work outside the home for financial, emotional or whatever reasons, the children — with the help of both parents' understanding and attention to their needs — can accept and adjust to the family restructuring that follows. In fact, the children often accept and adapt more quickly than the adults, so that the adults are so caught up in feeling guilty that they don't see that the children are doing just fine.

If you have a question about children or child-rearing, we will be glad to answer it in this column (names will be withheld). Send your questions to Living with Children, c/o *The Classmate*, SMC 2330.

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Collecting Earthenware

by Sue Smith

I love to collect small pitchers. My favorites fall somewhere between stoneware and porcelain, which caused me to want to do research on earthenware. It got pretty involved, so I will keep this month's column centered on the development of slip decoration for lead-glazed or tin-glazed earthenware. Read on — you'll understand what I mean.

First of all, earthenware is a pottery in which the clay is fired only until particles begin to fuse together. The result is permeable; it is then usually covered with a lead or tin glaze.

The earliest method of decorating earthenware was by making use of colored slips (clay mixed with water to a creamy consistency). Use of slip decoration probably originated in the Far East. Fragments of red "slipware" thought to date from c.3000 B.C. were excavated in southern Japan. In Europe, Cretan pottery was decorated with brush patterns and white slip c.2000 B.C.; and c.500 B.C., Greeks used iron-rich slip to make shining black designs on unglazed clay surfaces.

Another early method of decorating earthenware was by cutting with a pointed instrument through the thin slip coating to reveal the contrasting colored clay. This decoration, called sgraffiato or sgraffito, was used as early as the ninth century in decorating Islamic lead-glazed ware, and in later European slipwares.

Beginning in the mid-1700's, sgraffiato and slipware reached high development. I will list several types of wares and give current prices for various items.

Agate ware was made in Staffordshire in the mid-18th century, in which earthenware was covered with colored

slips or glazes to resemble natural stone. Makers include T. Whieldon and J. Wedgewood. A four-inch figurine of a lady seated on a brown mound, pail beside her, a dog at her feet, c.1745 by T. Whieldon is worth \$850.

Pratt ware is a British earthenware decorated with underglaze colors including blue, green, ochre, orange-brown, and purplish-brown, often sponged or stippled, sometimes over moulded relief, c.1790. It is associated with F. and R. Pratt, Fenton, Staffordshire. A four and three-quarters inch high creamer with classical ladies romping within a heart shaped medallion is worth \$235. A four inch mug with

an embossed border and blue handle, c.1810, is worth \$215.

Redware is a red earthenware made from local red clay in the American colonies from the late 17th century for domestic use; manufacture continued well into the 19th century. Pennsylvania Dutch potters produced sgraffiato designs, sometimes with added

continued on next page



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Trash and Treasures
continued from previous page

color. The pieces are mainly utilitarian, such as bowls, crocks, jugs, etc. It included geometric patterns, flowers (usually tulips), birds, animals and heart motifs. Lead glazed redware retained its reddish color, but a variety of colored glazes were obtained by the addition of metals to the basic glaze. Streaks and mottled splotches in redware items resulted from impurities in the clay and/or uneven firing temperatures. An eight and a half by two and three quarter inch bowl with rope tooled handles, greenish amber glaze with streaks of brown is worth \$200. A butter tub, mottled orange and brown glaze, marked "John Bell, Waynesboro" is priced at \$1,200. A six-inch high pitcher with an unglazed body, brushed brown flowers and scallops from New Geneva, Pennsylvania, may go for \$500.

Majolica is an English earthenware with relief decoration under a colored glaze. It was introduced in 1851 by H.

Minton, but pieces made by the company of Griffin, Smith and Hill are the most popular and sought after today. The biscuit body (earthenware which has been fired but not glazed) is usually cane-colored, dipped in a tin-enamel glaze, then decorated with a clear glaze colored with a metallic oxide. The pieces are used for large decorate vessels, tableware, tiles and figures. A cake stand, five by nine inches, footed, maple leaf center, yellow, with a basketweave border may go for \$75. A teapot with a shell and seaweed pattern, Etruscan, is worth \$185. A mottled green umbrella stand with pink inside is worth \$125.

Low-fired earthenware containing white Devon clay and ground calcined flints developed in Staffordshire, 1720-40 was creamware. Several makers worked to develop this type of ware. Creamware was produced in Paris from 1760; it began generally to supersede other forms of tableware, including tin-glazed earthenware. A covered urn creamware piece, 11 inches, brown mottled, impressed mark, c.1782 is worth \$2,800.

In the 1760's creamware was considered perfected and was called Queensware, in honor of Queen Charlotte. The light, white earthenware with a thin, brilliant glaze is still being produced today by Wedgewood and Stafford pottery. An oval, reticulated, 11½ inch platter with an impressed mark is priced at \$500. A covered tureen, 8¾ inches, enamel floral decor, attached stand, marked, may go for \$80.

In 1779 J. Wedgwood introduced pearlware. It is a pale creamware with a lead glaze tinted with cobalt. It was widely manufactured from 1790 to 1820 by Neale & Co. and Leeds Pottery. Today a Yorkshire Toby Jug, 7 7/8 inches, c.1800, may sell for \$1800.

I hope you are now more knowledgeable and therefore more appreciative of earthenware and its history and so will better understand its value. The information for this article was gathered from *The Encyclopedia of Antiques* 1982 edition, published by Greenwich House, and Warman's Publishing Co.'s *Antiques and their Prices*, 17th and 19th editions, Harry Rinker, editor.

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As I See It
continued from page 37

down." Sure enough a day later she reappeared with another box; this one full of cleaning supplies. Etiquette again obliged us to take the offerings even though neither of my cars has a carburetor and I already have three cans of Brasso. But, that's tradition, isn't it. Seven months ago we did the same thing, unloading all the gear and assorted items the movers would not pack. And accordingly my old neighbors uncomplainingly accepted our boxes.

The final visit always comes after the movers have packed you up and left. Boxes of missed items, or items the family felt they would have no use for at their next duty station. Hoses, car parts, batteries, dog biscuits, and of course, any uneaten food inevitably make up the last gift items. I have eight hoses now and my dog hates biscuits. But some real gems are had through this process sometimes. Did you know they make tooth paste containers in the shape of Mel Torme?

Which gets me to wondering. Just suppose they close down a base. Who the heck is going to get all the stuff?

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photographer and we are always looking for new writers. The editor's position will be open in May. There are several columns still in search of authors. If you are interested or have any questions please call Maumi Harris at 646-8699.

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